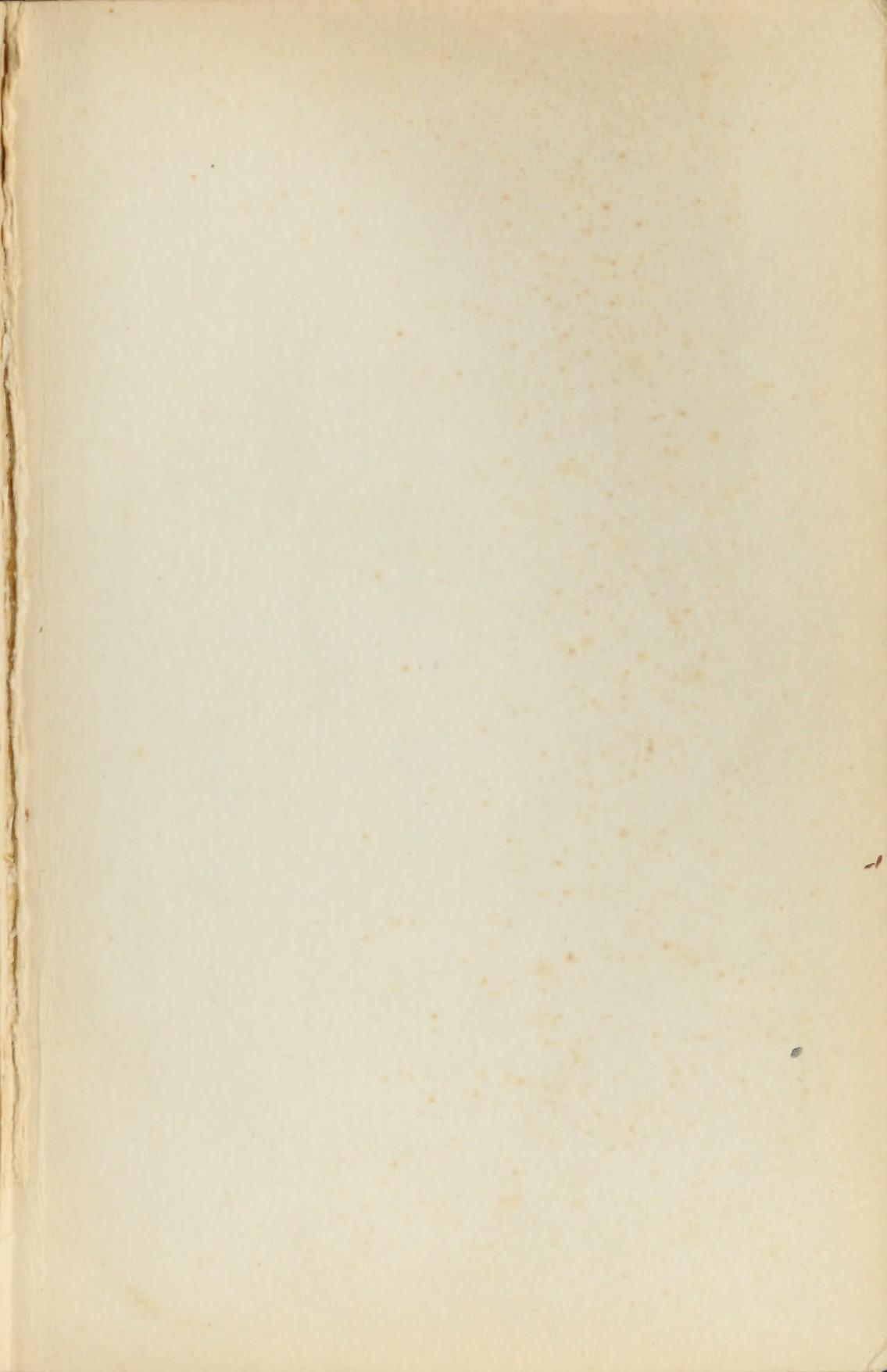


Harriet
Hubbard
Ayer's
Book

Harriet Hubbard Ayer



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Hannie Howard Ayer

Harriet Hubbard Ayer's Book

A Complete and Authoritative
Treatise on the Topic of

HEALTH AND BEAUTY

Including Many Carefully Tested
Formulas Heretofore Unpublished

GOOD HEALTH

HOW TO PRESERVE IT

GOOD LOOKS

HOW TO OBTAIN THEM

With full Instructions for Physical Culture,
Frisch, Scalp and Facial Massage

By HARRIET HUBBARD AYER



Superbly Illustrated

THE KING-RICHARDSON COMPANY
SPRINGFIELD, MASS.

Chicago Indianapolis San Francisco Toronto

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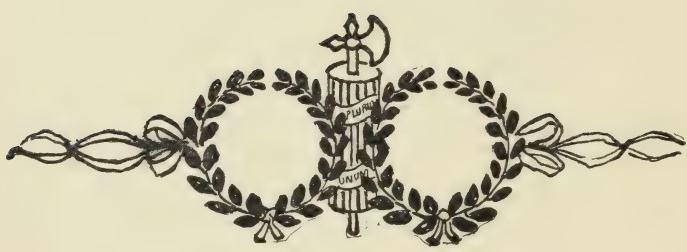
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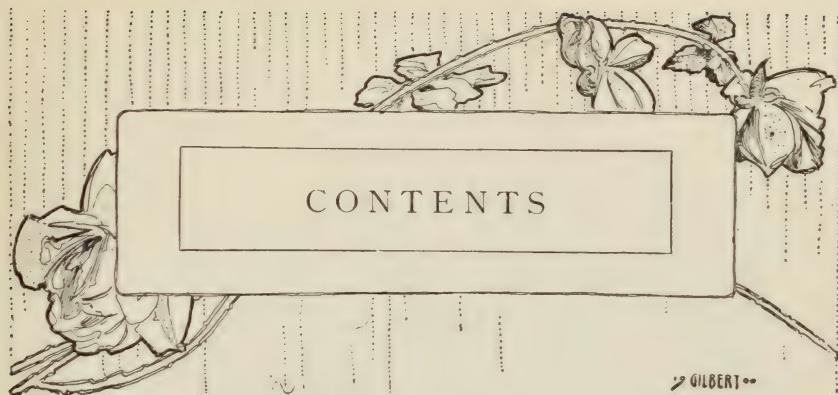


Dedication

HIS BOOK, which had never been written save for the repeated demands for such a volume, is dedicated with much affection to my countless correspondents, who are unknown to me personally but whose friendship and confidence it is my happiness to possess.

Samuel Hubbard Ayer





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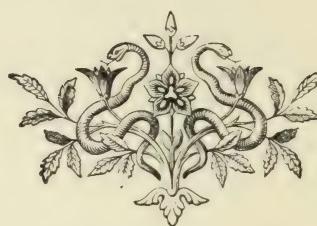
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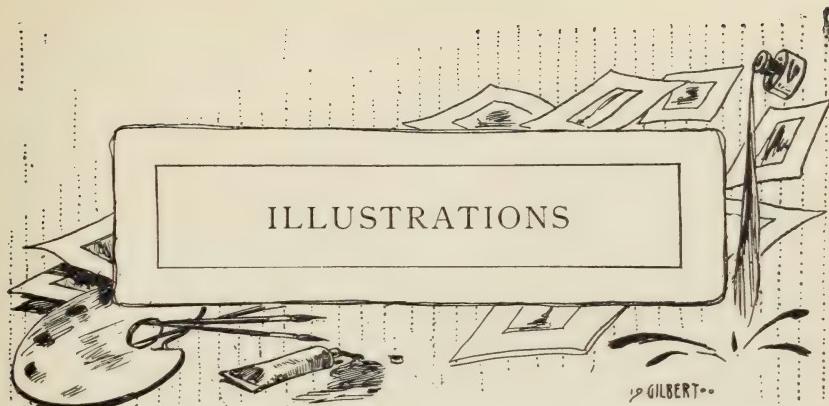
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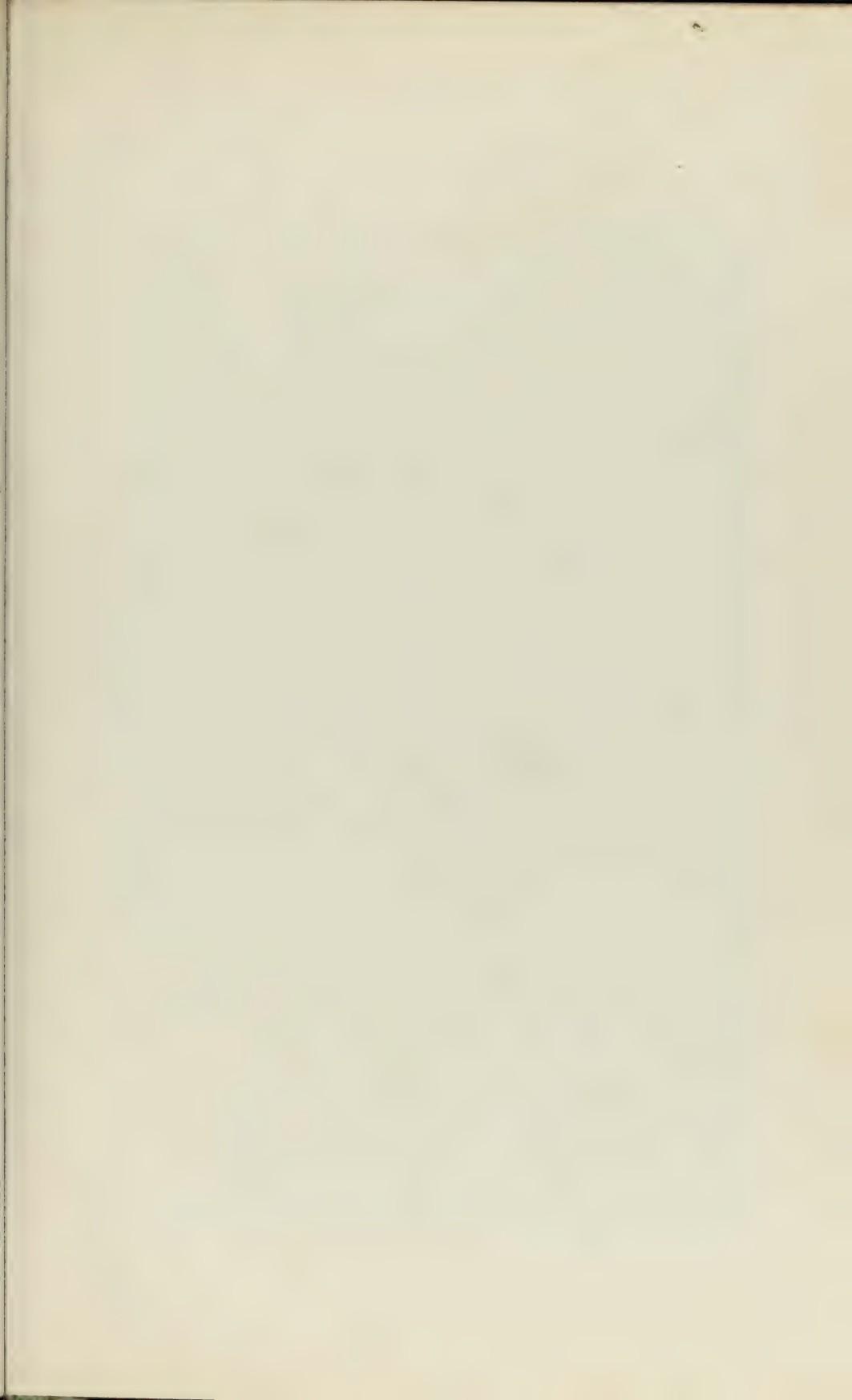
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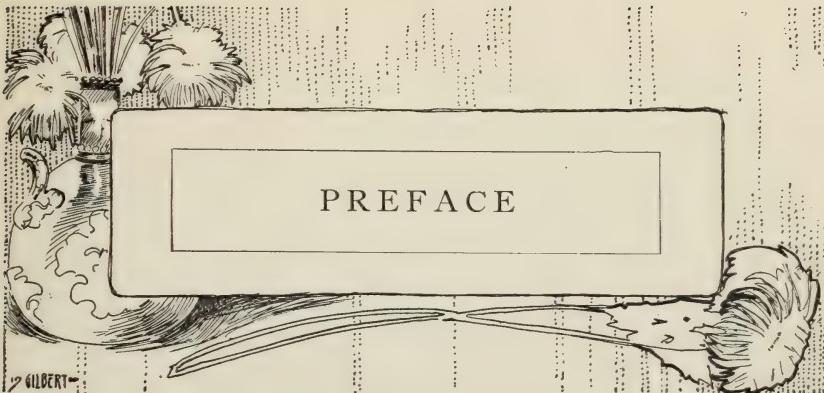
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MRS. AYER AT WORK



Which with experimental zeal doth warrant
The tenor of my book.—*Much Ado about Nothing*.

OR fifteen years I have been studying, experimenting, manufacturing and writing along the lines followed in this volume.

Facts in what I have to say. I know that good women are happier and better if they keep their good looks, their youthful grace and elasticity, their girlish figures throughout life, than when through ignorance or carelessness, or both, they lose their personal charms and become old and bent, wrinkled and fat, or emaciated before they have reached the golden prime of life. When I say that no woman need be obese, no woman, if she have not an organic disease, need be bony, no woman need grow bent and haggard and yellow, faded or wrinkled; I assert what I have proved not once, but thousands of times.

I believe that good women can be more helpful, more uplifting, and wield a stronger moral influence if they

are lovely to look at, graceful as well as gracious, perpetually young and beautiful, than the reverse.

We were created with a love of beauty, and woman is its highest expression. The beautiful girl, the beautiful wife and mother, the beautiful grandmother—we think of them each with a special tenderness and gratitude.

The reason for writing this volume is found in the fact that for many years no single day has passed that I have not received letters from unknown women asking for a book that would give them practical advice on the subjects here treated.

I most sincerely hope and believe that every woman who does me the honor of reading what I have to say will find many hints and suggestions that will be useful to her and to others whose welfare she has at heart—for it is my earnest wish to be of practical service.

I am indebted to the Editors of the New York World for permission to reprint the copyrighted accounts of the cures of Catherine Lane and Martha Baker, two patients who were placed by the Sunday World in my care, and for leave to use in this book various of my formulas, which have appeared in the World's evening edition.

I also beg to acknowledge my indebtedness for many formulas and also for much valuable information contained in this book to the eminent dermatologists, Dr. E. Monin, Secretary of the French Hygienic Society and Chevalier of the Legion of Honor, Dr. Hebra Père, Vienna, and also to Drs. Fossati, Vigier, Anna Kingsford, J. V. Shoemaker, as well as to the works of the late Sir Erasmus Wilson,—Drs. DeBaye and Cazenave, and partic-



MRS. AYER AT TWENTY
FROM A PHOTOGRAPH TAKEN IN ROME, ITALY



MRS. AYER AND HER LITTLE DAUGHTER

ularly I wish to express my appreciation of the aid given by Dr. Robert Eugene Payne, whose marvelous dental work needs no commendation of mine to enhance its value.

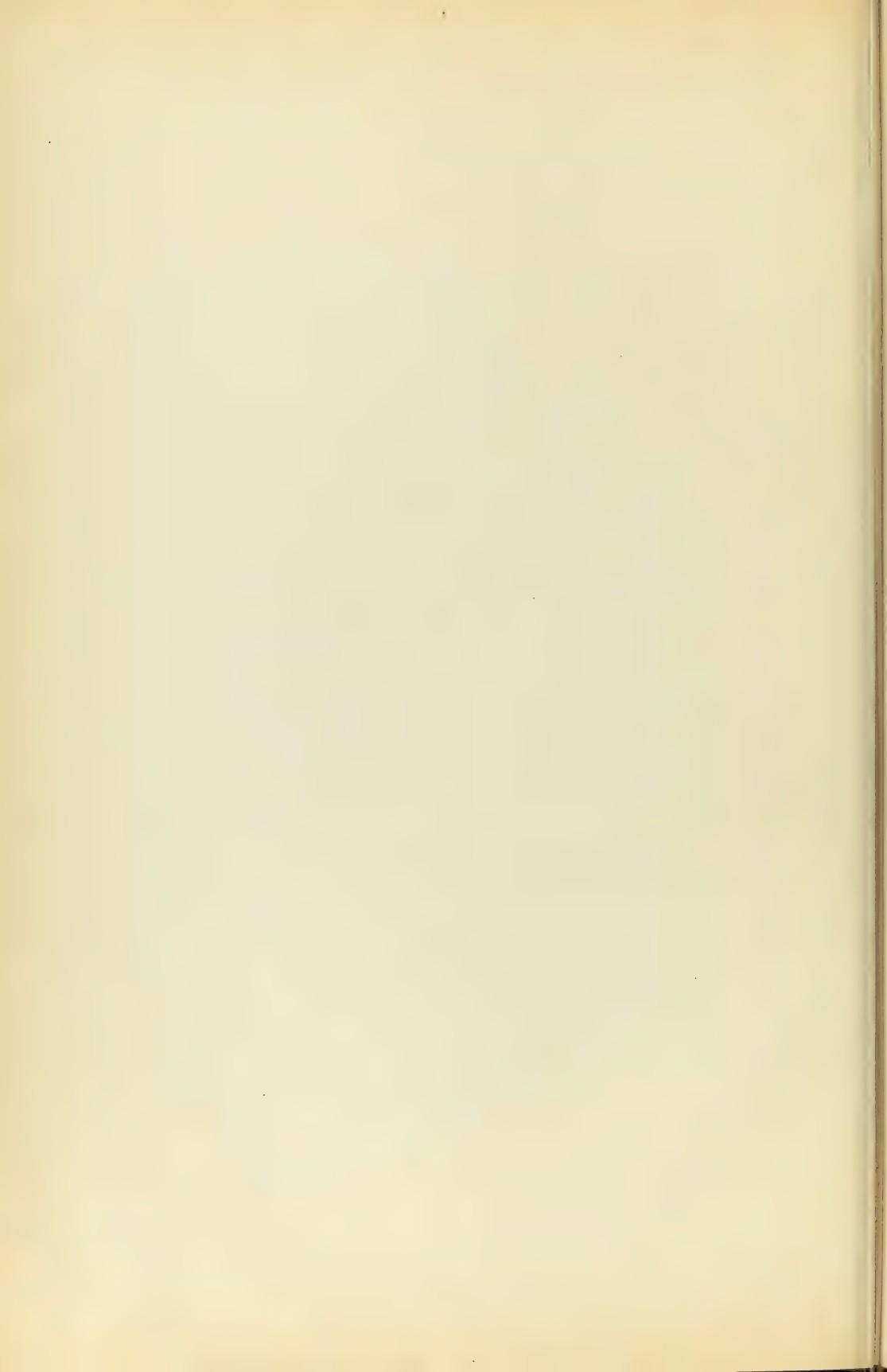
Doctor Payne performed the operation of tooth implantation described in Chapter XXVII. and personally gave me much late scientific information in the management of teeth, which places me in his debt and will prove of valuable benefit to my readers.

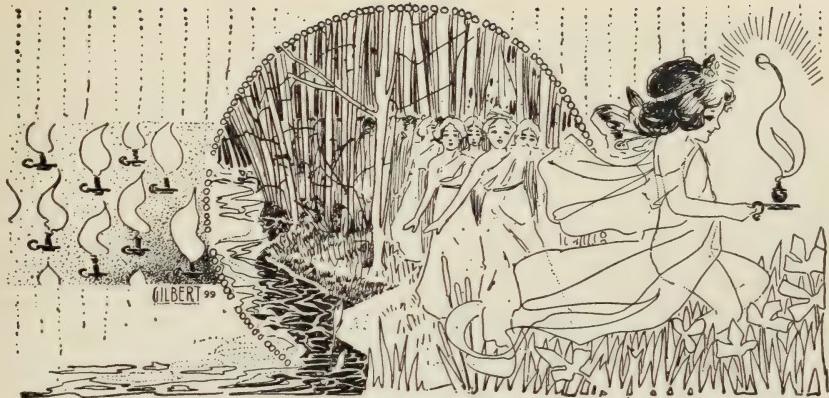
I wish, likewise, to thank my colleagues, Mrs. E. A. Hammond, Mrs. E. M. Brandenberg, Miss E. Cogswell, Mrs. Juliet Lee, Miss Parrish, and Miss Sophie Bergman, each eminent in her calling, for the photographs illustrating the administration of electricity, facial massage, manicuring, and foot massage, massage of the scalp, and Swedish movements for physical culture.

These pictures were taken under the personal direction of the ladies mentioned, and are invaluable because they actually demonstrate from living subjects the scientific methods for obtaining the best results from treatments which are acknowledged by the medical profession, without a dissenting voice, as the very best known to science for the purposes in view.

Hamil Howard Ayer







CHAPTER I

THE WILL O' THE WISP, BEAUTY

Even virtue is more fair when it appears in a beautiful person.—*Virgil*.



N HER own mind, at least, no woman is ever just what she wants to be. If she be pretty, she is striving to be prettier. If she be plain, she is struggling to be less plain, to approach comeliness by one path or other. When one considers the amount of time, and patience, and money, and heartache a woman consecrates to the task she has set herself, the situation becomes well-nigh pathetic.

Almost from babyhood the secret aim of every little girl is to be beautiful. She wants to be good, too, but she feels that, first of all, she must be beautiful. Idle at her books, listless and indolent where every other aim and object of life is concerned, you will find your daughter, your mother's daughter and mine, your laundress's daughter, the daughter of your clergyman, or the daughter of

your hero, equally alert, eager, untiring, and faithful in the pursuit of good looks.

I doubt if any woman ever stops, ever calls a halt, in the pursuit of outward loveliness. As a young maiden she is intent upon the creation of beautiful womanhood. She watches the deepening color of her eyes, notes the increasing symmetry of her form, the cunning beauties that reveal themselves in the arch and curves of a mobility lately come to moist red lips.

She knows that she is each day the handmaid of a work of creative loveliness, and she never tires—never grows weary of watching the mirrored result.

Finally she rejoices in a superb fulfillment of rosebud promises; she realizes the blossoming of the flower, but her charms are hardly mature ere she suddenly becomes aware that they begin to show signs of fading.

Then she begins to defend her precious possessions. Care, anxiety, maternity, rob her of the rose-leaf color in her cheek, imprint little lines upon her smooth brow, steal away the elasticity of her girlish figure.

By every means in her power, often by every so-called power within her means, she fights inch by inch for the crown of her life's happiness; her pretty face, her lithe, graceful form. She fights valiantly, too, and even in the defeat of her Hebe-like grace of youth, she manages to win our admiration by an opulent and splendid maturity.

The pursuit of beauty in woman has been aided and abetted by man, if, indeed, it does not owe its origin to the male. The best man in the world, the worst man in the universe and all the others in between, succumb to



NO. 1: MISS FRANKIE JAY WHEN SHE FIRST CONSULTED
MRS. AYER



NO. 2: THE MISSING TOOTH REPLACED



NO. 3: PREMATURE WRINKLES REMOVED FROM BROW



NO. 4: FRECKLES ERADICATED

THE TRANSFORMATION OF AN UGLY DUCKLING—(a)



EYEBROWS THAT MET OVER THE NOSE REMOVED. MISS FRANKIE JAY AT THE END OF SIX WEEKS' TREATMENT

THE TRANSFORMATION OF AN UGLY DUCKLING — (b)

the charm of beauty in woman. Incidentally it may be stated that he usually says he prefers a plain, good woman to a pretty, vain one. It is very impressive to listen to a man's dissertations upon woman's vanity and her love of admiration.

Recently a man told me that nothing to him was so hopeless as a woman striving to be better looking than the Lord intended she should be.

"Why," he said, "can't a woman be satisfied with Nature?"

And I feebly replied that Nature had been extremely skimpy in dealing out personal attributes to some of us, and a Nature that gave a girl crooked teeth, pink eyelashes, freckles, and knock-knees, was not deserving of the undying gratitude of her victim.

"I should think," he retorted with much vigor, "a thousand times more of a girl who is content to abide by the looks she was born with than of one who tries to improve on Nature."

The night following I saw this young man at the theatre. He was escorting a young woman with auburn hair and beautiful blue eyes.

The next morning he asked me if I saw the "sweet little girl who was with him," and if I didn't think her "awfully pretty."

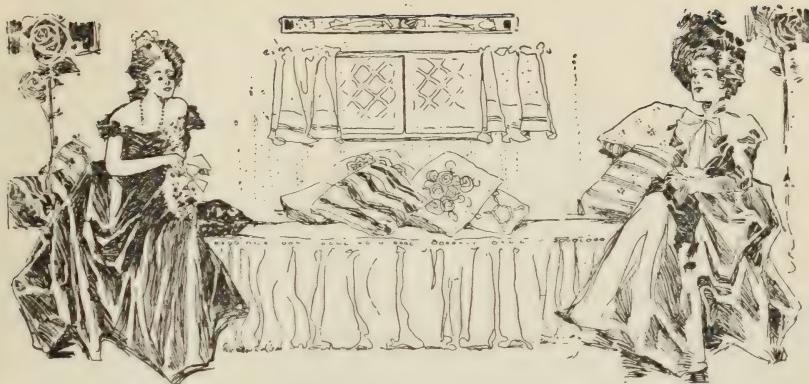
And I behaved like a perfect angel and said I saw her and thought her lovely. There was something else I might have said, for I remembered that same "sweet little girl" when she had white eyelashes and eyebrows, and the ugliest carrot-red hair ever inflicted upon a child. I know

when and how that hair was made a pretty auburn, and those eyelashes and eyebrows stained a shade darker. And I also know that the man who finds her so charming now would never have looked twice at her with her white eyebrows and lashes.

Some of these days I hope this little girl will have the courage to tell my friend, who is head over heels in love with her, about her eyebrows. That will be the time for testing this man's affection. Because he raves over this maiden's exquisite soul, which he assures me is a fit companion for her face, ten to one he will declare he has been deceived by a designing girl villain. And who knows what the consequences will be?

But if every man who asks a sweet young girl to join her life with his own is not concealing from her something rather more discreditable than a stained eyebrow, then, I say, let us all stop work and sing psalms of rejoicing, for the millennium is upon us.

The pursuit of beauty is as old as the world—as old as the love of beauty. Do not let us blame the women who have learned, some of them in the saddest of all ways, that beauty is the supreme power of our sex. Rather let us realize that perpetual beauty and virtue are synonymous, because it has been proved that even physical beauty, if maintained in its proper sense, after maturity, means purity and temperance, and without these two attributes no power on earth can preserve a woman's loveliness beyond the early thirties.



CHAPTER II

THE ART OF REMAINING YOUNG

Beauty is a great gift from Heaven, not for the purpose of female vanity, but for one who loves and wishes to be loved.—*Maria Edgewood.*



GE is a matter of feeling, not of years.

It has been frequently said that a woman is as old as she looks, but a man only as old as he feels. It has also been from time to time declared by various wiseacres that every woman looks her age.

Helen of Troy was forty-six when men fought for her smiles and favors. Diane de Poitiers was fifty-six when men far and near acknowledged her a siren, whose fascinations none could resist. Julie Récamier at sixty could hardly dissuade an enamored prince, half her age, from suicide, because she declined to accept his protestations of passionate love. Ninon de l'Enclos's last desperate affair of the heart occurred when that lady was in her early eighties. But, you will say very properly, that these are women of history, and personal history is apt

to be far from accurate. Let me then point you to examples of persistent beauty and youthfulness, despite all obstacles, in the women of our own generation.

Look at Sara Bernhardt as a typical example of the woman who really is only as old as her face and figure appear. Mme. Bernhardt is far beyond fifty. She appears about thirty-seven or thirty-eight on the stage, but wonder of wonders, she really does not look a day over thirty in private life. I know Mme. Bernhardt, and the last time she was here I looked closely at her face. I scrutinized every feature; I was on the alert for the lines that are said to mark the fortieth year; for the loss of flesh firmness which is, unless prevented by care, almost certain to intrude its unwelcome presence at about forty-six. I watched Mme. Bernhardt as perhaps she never was watched before, and I declare to you that, with the exception of a few tiny emotional lines about the upper lip, Sara Bernhardt is as young in appearance to-day as she was when I saw her twenty years ago in Paris, and a thousand times better looking, more charming, and fascinating in every way.

Adelina Patti is another woman over fifty who will never be old in appearance, and whom no one can recall as a really old woman.

I could continue, had I space, to cite innumerable other instances which would prove the statement I make without qualification, when I declare that there is no necessity for a woman to grow old.

Now, when I say there is no necessity for a woman to grow old, I mean just what the words stand for. This



MADAME PATTI AT FIFTY-FOUR—(1898)



MADAME BERNHARDT—HER LATEST PICTURE (1899)

statement is intended for women under thirty. They may remain where they are for twenty years, if they will. I have another and more comprehensive statement to make, and one I have fully proved, and am prepared to prove again. It is that women of fifty or over who chose to do so, may recover, in appearance and feeling, the youth they have been defrauded of. They may get back the lost lines and curves, the freshness of the skin and elasticity of step, if they but will to do so.

You see, happily for us women, the old-fashioned grandmother has gone out of fashion. May she never be revived. Fifty years ago a woman practically retired from the pleasures and active interests of life at about her fortieth birthday and began to get ready to die. It made no difference how youthful her spirit may have been, nor how many years of her young life she had unselfishly devoted to the bearing and rearing of a brood of children.

Yes, I glory in the fact that we have emancipated the young grandmother. The truth is there is no rhyme or reason in age as associated with decrepitude. The woman of to-day is young, vigorous, and beautiful at fifty, because she has discovered that there need be no such thing as old grandmotherdom. The grandmother of to-day is something to be proud of. She is in the prime of her life. She looks forward, not back. The reverence inspired in the fulfillment of a splendid womanhood, in which no faintest signs of fading or weakness are visible, is no less exalted and far more admirable than the condescending and patronizing protection we gave to the grandmother of half a century back, who shed tears for her departed

youth, often, I doubt not, for the greater portion of her adult life.

It has taken a good many years, and an eternity of patience, to convince the modern woman that she is accountable to herself, as well as to her family, for every wrinkle, for her middle-aged figure, triple chin, scant locks, toothless mouth, bent back, and general invitation in her appearance to Time to do his worst—a rushing out to meet and embrace every foe to her looks, and her happiness as well.

There is an old adage, and a true one, which says “Comeliness recommends virtue.” If there were virtue in plainness, this world ought to be much better than I, at least, have found it to be. Mortals are led by appearance. It is the beautiful women of the world who have been the most powerful. It is the beautiful women who have largely made history. Beauty and goodness should walk hand in hand, and the more lovely a good woman is, the longer she can retain her charm of person, the better equipped she will be for the highest duties that may devolve upon her.

It has been said that there is no royal road to beauty. There is no regal or sumptuous approach to anything that is worth having, so far as my experience has taught me. Certainly the preservation of one’s graces and charms requires care and common sense, but not more care than you give your fine laces, your precious bric-a-brac, your flowers, your household effects, or your pets.

Scrupulous cleanliness, air, light, diet, exercise—it is simple enough—and without question we adopt these

means, partly, or in their entirety, for all other things within our care and jurisdiction. It is surprising, nay, it is amazing, to think of the line we draw between ourselves in the point of care, and the skillful attention and the solicitude we bestow upon an animal of the lower kingdom, or even upon the parlor furniture. We neglect ourselves, but we keep the silver from tarnishing, and the house well dusted. We have accepted, with rigid sullenness, or a resignation which could never have been anything but pretended, the moth patches and specks upon our cheeks and brows, and the disposition of our noses to turn bright red when they most afflicted us by so doing. We have been tormented by skin diseases, overburdened by fat, and tortured by protruding bones when we desired curves; we have supinely submitted because—well, does any reasoning woman know? I certainly do not, except that it has been inherited and bred in us for generations back to take all these afflictions as a part of God's work. At the same time, we have exhausted our lives in polishing brasses and keeping specks off the window glass.

In scornful disdain we bar the spotty bit of fruit, the withered vegetable, or the aged hen from our kitchens and our tables, for we are, first of all, conscientious housekeepers. We are as one who should say: "Nothing shall be speckled or withered or wrinkled but me," and I speak with no intention of being irreverent when I assert that we have pretended at least to believe that our mutilated and disfigured faces and forms were a part of God's special and specific work, while we have religiously taught

and been taught that ours consisted in an endless war against time and decay, spots and specks, dusts and tarnish, as applied to silver and mahogany, cupboards and window glass. In other words, Providence would look after us. If he didn't it was for our own good, and a part of some great and glorious scheme has primarily necessitated our being humiliated and neglected. Providence exacted of us to do nothing for ourselves. We were to put in our time beautifying tin pans and brass knockers.

I believe the old-fashioned idea concerning a woman, as here referred to, is not only absurd, but demoralizing.

If it be symbolic of pure domestic life and womanly character to be a good housekeeper,—which means to be exquisitely nice about the appointments of one's home,—why in the world is it not even more praiseworthy for the mistress of such a home to regard herself as quite as precious as the daintiest of her possessions, and to care for herself accordingly? I am convinced that no one factor in a family is so demoralizing as a careless, slatternly wife and mother.

A witty member of our sex once said that she found a consolation in being well dressed which no religion had ever afforded her. A woman is always happiest who knows that in her appearance she is charming and pleasing to those whom she loves and whose affection makes up the sum and substance of her life.

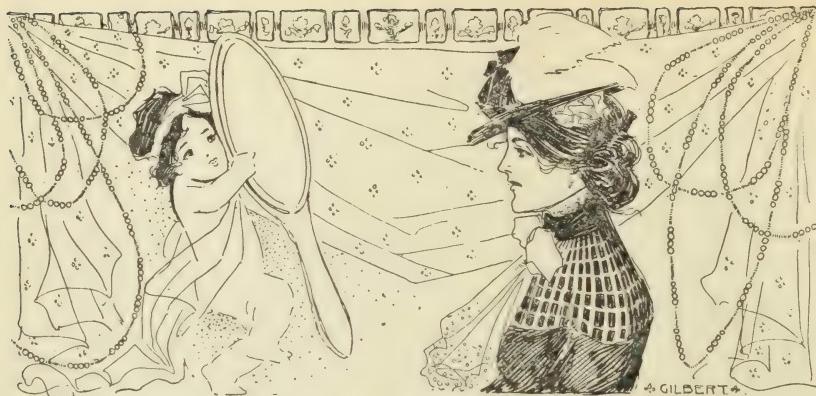
There are a number of ways of combating the ravages of time in its impress upon our faces and forms. One, the hygienic method, which is certainly the best, should

begin in infancy or early youth, and may properly be called the prevention of destruction. The method will result in giving to every disciple the maximum of her possibilities for physical beauty.

The second is the cosmetic branch, with which may be included plastic surgery. Cosmetics and youth should be strangers.

During the years I studied chemistry and cosmetic art and manufactured so-called cosmetics, I labored faithfully, both here and in Europe, and the longer I remained in the laboratory manufacturing these articles, the less I felt the average woman needed them or should use them, and the more respect I had for scrubbing brushes, soap, and water, without other aids, at least for women under thirty.

Women of a certain age who have missed the great opportunity for perpetuating their youth, in the general ignorance which clouded all of us, at least in my generation, can undo much of the ravages of the past. They may call a halt on Time and may be pardoned for resorting to innocent devices in the way of harmless aids to their toilet. It will be my very pleasant task to offer my readers suggestions from both points of view—that is to say, suggestions for young women who wish to preserve their beauty and to acquire a hygienic method of doing so, and to other and older women advice for the repair of damage and for the restoration of the beauty of youth, or at least a fair resemblance of it, for “beauty doth varnish age and give the crutch the cradle’s infancy.”



CHAPTER III

THE SIN OF DOWDINESS

Time hath worn us into slovenry.—*Henry V.*

THERE are women who are constitutionally exempt from dowdiness, but the average woman of moderate means and, above all, the woman who has to count every penny and make it the equivalent of a five-cent piece is in great danger of drifting into that most unattractive condition called dowdiness.

The dowdy woman may be born so, in which case I think she should never marry. All of us see women who never look well dressed, whose hair is always coming down, and whose faces even are "dowdy" looking, showing an utter disregard of the art of grooming, as well as a total lack of discrimination in the selection of apparel.

Frequently these women have money, for the dowd is not confined to any station in life, nor is she necessarily the product of poverty and ignorance.

When you see a woman with filthy skirts, a soiled stock and faded finery, no matter how bright and pretty her face or how perfect her complexion, she is dowdy.

Some women drift into dowdiness in a most extraordinary manner as soon as they are what they are pleased to term married and settled. A girl whom we all remember as dainty and trim during her youth in a year or two after her brilliant marriage becomes a confirmed sloven, a slave to loose wrappers and down-at-the-heel slippers—in other words, a dowd.

The man who remembers her as she stood beside him in all her bridal beauty has cause to feel that he has been badly cheated, as indeed he has.

Wives who permit themselves to become dowdy well understand that sooner or later their husbands will regret ever having married them, and after that the end may be easily predicted.

It is a grave mistake for a woman to neglect her looks, no matter what her age or condition in life. It is almost criminal in a married woman. Sometimes when I tell this to a woman who is on the road to dowdiness she replies that she lets herself go because she has so much to do and does not like to spend the money.

This is a penny-wise-and-pound-foolish view of the matter, and it is pregnant with real danger to the peace and happiness of two people, and sometimes of an entire family.

The woman who has so much to do would never think of neglecting to scrub her floor, or polish her tin pans. She will sew yards of cheap lace upon a baby dress, or sit up nights making useless finery for a child who

would be much more comfortable and attractive in a simple garment.

But she has not time to take a daily bath, to keep her hair lustrous and well dressed and to preserve her teeth even and white. Instead she allows herself to degenerate into a household drudge and dowd.

If I had the making of the laws I would require that every living woman should take one hot scrub and one cold sponge each day, brush her teeth twice at least and her hair night and morning.

I would make it a misdemeanor for a woman to appear in drabbly skirts, and a penitentiary offense to be found attired in a "Mother Hubbard" outside of her own room.

Further than this I don't believe in plain-looking women.

There is a chance for every one of us to be attractive in appearance, and there is no such thing as a hopelessly ugly girl or woman.

To be sure, we may not be raving beauties, all of us, but every woman alive can make herself a pleasant picture for the eyes of man to fall upon.

First of all, whatever her age is, a woman must look scrupulously nice and clean.

Untidy hands, a face that shows the need of a scrubbing brush, hair that is forever falling down or displays bits of strings and other devices for keeping it up, shoes that are dingy, without buttons and run off at the heel, a fringed dress skirt lifted to reveal a soiled petticoat and a wrinkled stocking.



MRS. LANGTRY AT THE AGE OF SIXTEEN

AN OBJECT LESSON IN BEAUTY CULTURE



MRS. LANGTRY—PRESENT DAY (1899)

AN OBJECT LESSON IN BEAUTY CULTURE

There is nothing so fatal to a girl's chances as untidiness.

But suppose, as a girl once wrote to me, that a woman is freckled, and has red hair and no figure to speak of. Suppose, with such natural disadvantages, she is poor and has to work hard and ruin her hands, and is always tired, and can never buy anything pretty. What then?

Well, all that is just what I will suppose.

Now, red hair of itself is beautiful. Usually it waves or curls, and that is an added beauty.

Freckles are not pretty, and they are practically there to stay. The freckles of red-haired women are conspicuous during the day, but they do not show much, sometimes not at all, by gaslight.

A red-haired, freckled girl too often lacks sufficient contrast between eyebrows, eyelashes, and skin to give her a clean-cut look.

I think in such cases it is a woman's duty to darken the eyebrows and lashes. This can be done with little trouble and is imperceptible. The complexion of the red-haired girl is her most serious drawback.

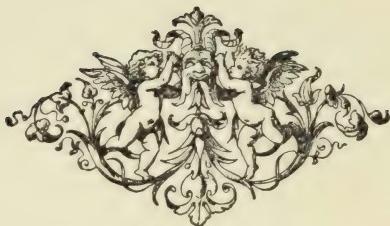
It lends itself to untidiness, so the victim must be especially careful to keep it looking clean and well cared for.

If the red-haired girl has an oily skin she must be careful of her diet, avoiding all greasy and stimulating food, and in addition she must use an astringent lotion and a very little fine powder.

If my little red-headed girl has not nice teeth, she should have them repaired and made pretty and wholesome.

A thousand times better go without a new winter hat and gown, if you are a poor girl, than let your teeth suffer.

And there is not only wisdom, but morality in all this, for it is virtuous to be just as lovely as one can, and as no depraved woman ever was truly lovely, there is no moral danger in being beautiful and remaining so. There is a good deal of work to be accomplished, but it is a work in the right direction.





CHAPTER IV

THE WELL-GROOMED WOMAN

We must be neat; not neat but cleanly.

—*Winter's Tale*.

WHEN one wishes to briefly epitomize a woman as exquisitely neat, perfectly dressed, and correct in all the appointments of a thoroughbred daughter of the nineteenth century, one says of her: "She is a well-groomed woman."

Practically, it means that the lady in question is most delicately fastidious in everything pertaining to her toilet and personality. The well-groomed woman would much sooner relinquish her breakfast than her morning plunge, and about as willingly submit to an attack upon her moral character as to a suspicion that her linen was ever other than absolutely immaculate.

Good grooming has nothing whatever to do with make-up in any form.

Indeed, it is opposed radically to paints, powders, and artifice generally.

The well-groomed woman is she who takes her two baths daily, and whose bath at night is known as and called the hot scrub.

The friction of the various bath brushes used for this function gives the skin a satin-like bloom which no subterfuge will impart.

The well-groomed woman's hair is lustrous, soft, and above all, with never a suggestion of dandruff. Her scalp is as clean and shining as her brow.

She is as careful about the cleanliness of her head as of her face, and, if necessary, the hair will be washed twice or thrice a week, for cleanliness and furfura, as she knows, are incompatible.

Her hands are daintiness itself, her linen irreproachable; her boots as perfectly varnished and as well-fitting and tasteful as those of her brother, the acknowledged best-dressed man of his class at Yale or Columbia.

Her skirts and jackets appear each time she wears them, until they are cast aside, without a frazzled edge or spot. Her gloves fit to a nicety, never pinch, and are always whole and carefully buttoned.

It requires so much time, I hear a reader say.

Yes, it does; but it is time well spent.

It pays particularly for middle-aged women to be thoroughly well groomed.

Not long since I met an old friend of mine who is certainly fifty, possibly older.

She was positively a radiant, handsome creature; so sweet, so wholesome looking, so deliciously nice to the eye, that I said to her:—

“ You are better looking, handsomer, more attractive than you have ever been. You were stout ten years ago —too stout. You didn’t look at all as you do now. What do you mean by playing such a trick, and you a grandmother? ”

And my friend laughed, and showed two rows of glistening teeth, and, looking at me with the merry bright eyes of her youngest daughter, said:—

“ Why, I am younger than I was fifteen years ago, for then I weighed over two hundred pounds and had three chins.

“ Then I had an idea that I must settle down and wear middle-aged clothes — ‘ costumes ’ the dressmakers call them—and bonnets with strings under the chin, such as are worn with costumes and wraps—large, voluminous wraps,” continued my friend.

“ Oh, I was playing my middle-aged rôle to the very limit, when suddenly I awakened to the fact that my husband was constantly referring to this or that woman’s beautiful figure, charming appearance, and well-groomed look.

“ Sometimes the women he spoke of were younger, sometimes about my own age.

“ Gradually I awakened to the knowledge that my husband, at five and forty, was just as much of a man and just as susceptible to beauty and grace as when he first found me pretty and charming twenty years before.

"All in a moment I realized that I had grown fat and dumpy and indolent, and that I was losing my husband's love.

"Now, it may be unfashionable, but I am just as much in love with him as I was the day we were married.

"When I actually understood the danger I was in, I can tell you I made up my mind to defend my most priceless possession.

"I got a book on physical culture. I learned how to reduce my flesh systematically and how to keep at a certain desirable weight. I learned the ritual of perfect cleanliness and practiced it religiously, getting back my old-time freshness.

"I stopped wearing 'costumes' and became tailor-made for the street. I ordered the prettiest gowns and negligees for home and the most elegant little wraps and waists for the theatre, and you never saw any one so astonished and delighted as my husband.

"When the first grandchild came, I wore such a perfectly stunning gown to the christening, and I looked so well, that my husband and my son-in-law kissed me and called me a 'regular peach.'

"It wasn't an elegant expression, but it made me happy and it made me doubly appreciate the merit of being a perfectly groomed, well-dressed, and attractive woman, especially after I had passed the golden prime of life and was descending the shady side of the hill."

Some may say, "Oh, it's all very easy for such a woman with ample means and time at her disposal, to keep herself in the 'pink of perfection,' to parade in tailor-made



THE DUCHESS OF MARLBOROUGH (LATEST PICTURE)
AN IDEAL YOUNG MOTHER



THE PRINCESS OF PLESS
ENGLISH TYPE OF BEAUTY

gowns and ape the juvenile appearance and manners of the young women of the so-called ‘400.’”

There is no force in such a protest. If you had seen this well-groomed friend of mine you would have been struck, not so much by her apparel as by her neat, fresh, and wholesome appearance, and you would have said and known that she would, on that account, look attractive in even the plainest and simplest garb.

I am confident you will believe me when I say that when it comes to downright attractiveness, one cannot always say “Fine feathers make fine birds.” My own experience in life amply bears this out. It has been more varied than falls to the lot of most of my sisters. I have been what one might style “a gilded child of luxury,” I have been a business woman at the head of an important enterprise, and I have been a toiler working more hours in the twenty-four and harder than most men work, yet at no time have I seen the day when I felt that my apparel alone made, lost, or kept my friends, while almost from my girlhood I have been deeply sensible of the benefit I have received and the satisfaction I have enjoyed from the general observance of the hygienic hints herein given—hints which help to make the well-groomed woman in the best and truest sense of the term.





CHAPTER V

CLEANLINESS THE HANDMAID OF HEALTH AND BEAUTY

Sweet beauty in her face; such as the daughter of Agenor had.

—*Taming of the Shrew*.



KNOW and therefore maintain that women may keep their good looks and manage to defeat time at something like a sum within the reach of the average "little sisters of the rich." Yes, indeed, and I propose to tell you how.

Any woman, I do not care who she is—how modest her circumstances, nor, to put it broadly, what her age, can, by a little care and the practice of the necessary rules which are the price of perfect physical beauty, practically defy the years to come, and, moreover, she can collect the interest due her on the years that have been defrauding her up to date. She can, to a great extent, get back the youth she has lost.

First of all, we must bear in mind that "Cleanliness is next to Godliness." So far as good looks go I will not say it discounts in its results physically the practice of all the other virtues—but, to my thinking, one must be clean before one can be really good. Dirt and religion do not blend. As our cook says when the sauces fail to mix smoothly, they "kind of cruddle." Now to be clean means to scrub—yes, from head to foot every blessed day of one's life. "Slavery!" you may say. So it is; but most of us are slaves to one habit or another, and the bondage of soap and water is a blessing disguised. I will guarantee the transformation of a plain, sallow-faced, bad-complexioned woman, into a wholesome, rosy, bright-eyed daughter of the gods, within the period of six months, if she will follow my advice and the rules I take the liberty of prescribing.

First of all, then, must come the daily bath taken in a tub with a good scrub from head to feet, including the face.

The road to beauty was known to the Greek and Roman women hundreds of years ago. They did not begin to have the resources in cosmetic arts that we have now, but they understood thoroughly the two vital points in the pursuit of comeliness and cleanliness and health. To this end they bathed very frequently.

In a vague way every one supposedly knows how to take a bath. But how many women in a thousand know just what a real hygienic bath means, and how to take it?

The great secret of beauty and comfort is in the health-giving bath, taken at least once each day.

The water should not be too warm and should be made cooler by adding cold water toward the end of the bath, so that the temperature is a little below what we call tepid before the bather leaves the tub.

It is not enough to jump into the water and dabble over the body with a sponge or wash cloth.

The skin each day is loaded with the solid matters which are the residue of the perspiration, or with its own oily exudations. Unless these accumulations are daily removed by water, soap, and friction, the channels become choked and the secretions, unable to dislodge themselves, produce inflammation, which we call pimples, or present us with stubborn cases of hateful blackheads.

Every woman should possess a flesh brush for the body, as well as a camel's hair face-scrubbing brush.

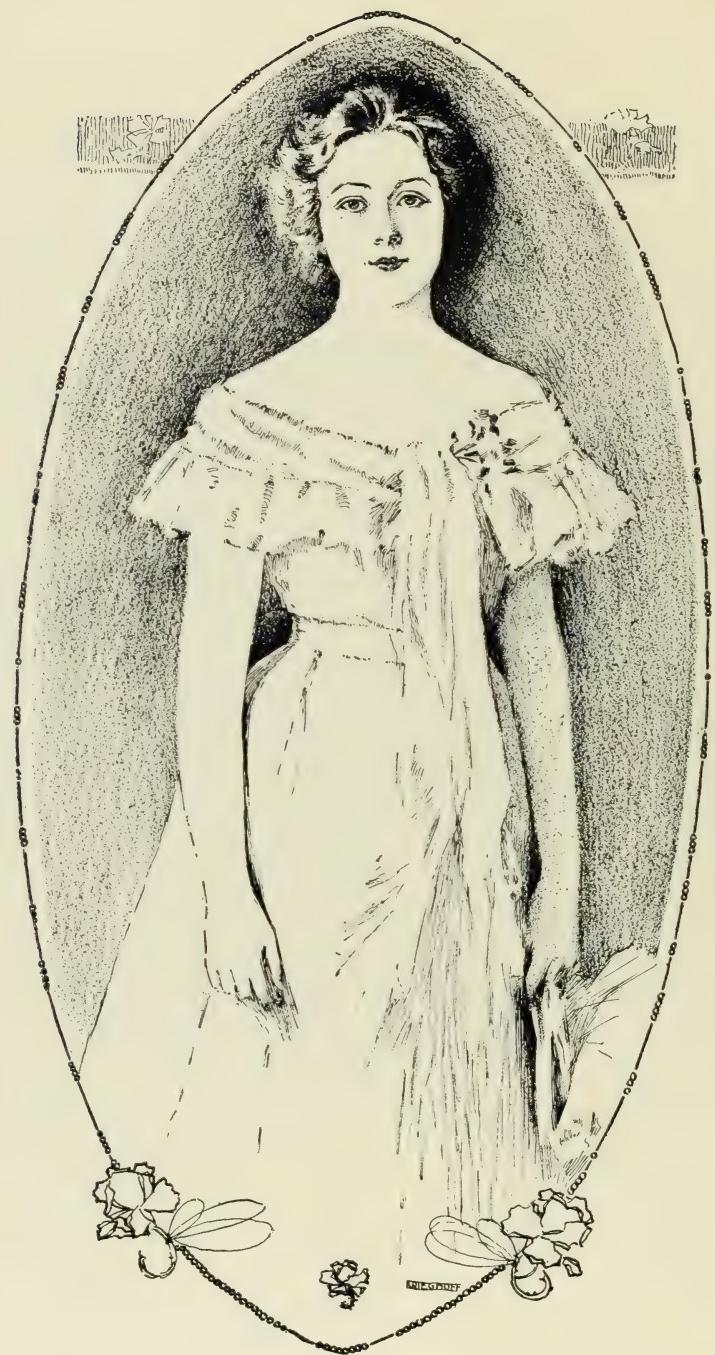
Constantly women tell me they cannot afford to pay for such luxuries. At the same time they will patronize bargain counters, and appear in public staggering under the flowers, birds, and feathers of an overtowering hat.

The camel's-hair face-scrubbing brush before mentioned is especially manufactured for the purpose, and costs at retail one dollar and twenty-five cents. It measures about six inches in length and five across. The wooden back is unvarnished, and the bristles are white and firm, but soft. It is easily obtainable at the larger drug stores.

Use a pure soap. Just bear in mind that no soap, particularly if largely advertised, can be made of safe and healing ingredients and be startlingly cheap. If your soap is good—made of pure vegetable oils, and fit to use on



AMERICAN TYPE OF BEAUTY



the face, it will have to cost, at retail, not less than twenty-five cents. It cannot be manufactured and sold at a lower price.

It does sometimes happen, even in these days of comfort for the middle classes, that it is not possible to take a bath in the large tub. But at least every household is equipped with washtubs, and even one of these is better than none at all.

Bathing in hard water is apt to make the skin coarse. Rain water makes a delicious bath, and when that is not to be obtained the water may be softened by throwing into it a small bag of bran. Even a bag containing a pound of ordinary yellow cornmeal will take the harshness away.

Don't be afraid to use soap. Make a good lather on the brush and scrub away. Begin with the face and use a pure hygienic soap with the camel's-hair face-scrubbing brush. Any good, pure soap is all that is required for the body. Save the expensive soap for the face alone, and one cake will last a long time.

A quick all-over scrub and a thorough rinsing with clear water will take about twenty minutes of each twenty-four hours. You cannot spend the time more profitably.

The opinion that a hot bath is enervating is erroneous. On the contrary, a quick hot bath is exhilarating. A tepid bath is relaxing, and induces restful, health-giving sleep.

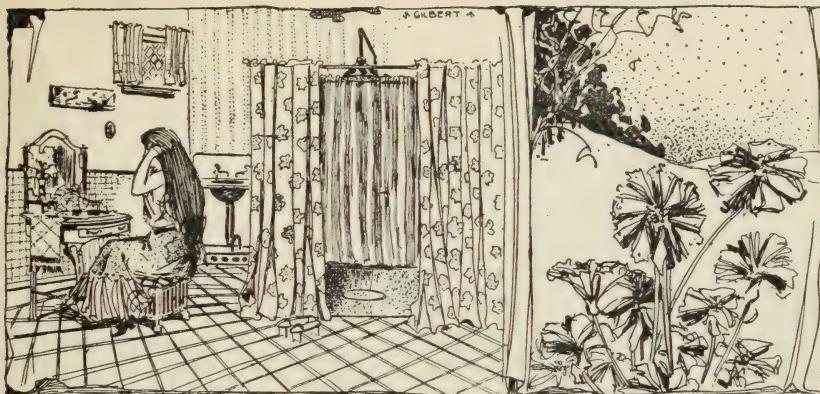
It is not well to bathe within two hours after eating.

The friction of a good flesh brush rouses and accelerates the circulation and prevents the gradually decreasing

energy of the circulation which accompanies age and hastens death.

Sea bathing at the proper season is the most invigorating of baths and of wonderful value in strengthening the nervous system, but I am bound to say the sea bath does not improve the complexion.





CHAPTER VI

CLEANLINESS THE HANDMAID OF HEALTH AND BEAUTY — Continued

For beauty is a witch,
Against whose charms faith melteth into blood.
—*Shakespeare.*

BRAN and almond-meal bags are excellent things for a luxurious bath. They are not necessary for the purpose we have in view, but inasmuch as they are delicious and easily obtained by those who wish to purchase them, and not difficult to make at home by those who prefer to do so, I will add that they may be found at the usual stores devoted to toilet articles, and cost about twenty cents each. Here is the recipe for those who wish to make them at home.

BRAN AND ALMOND-MEAL BAGS

To three pounds of clean bran and one of Florentine orris root pulverized, add one and a half pounds of almond meal and eight ounces

white Castile soap grated. Mix thoroughly. Make twenty-four bags of cheese-cloth about eight inches in length and five across. Put about five ounces in each bag, and use one bag for a bath just as you would a sponge. Be careful to sew the bags firmly.

The bran or almond-meal bag will make your bath sweet and soft and fragrant, but it will not do away with the necessity for soap and the scrubbing brush. If your finances will permit, you may also use in your bath two tablespoons of a bath liquid which is very delicious and fragrant. I give the recipe for making this also. It is easily prepared at home.

BATH LIQUID

Sweet almonds . . .	32 grammes.
Bitter almonds . . .	8 grammes.
Rose water . . .	180 grammes.
Benzoic acid . . .	1 gramme.

Macerate the almonds until a paste is formed. Do not let them "oil." Strain them, and add the other ingredients.

You may take your bath either in the morning, or at night just before retiring, with a preference for the night hour. A cold water plunge taken in the morning is a fine tonic, but one must be very strong and vigorous to stand such a bath, and when it is taken, it is best merely to plunge in and get out immediately.

The temperature of the hot bath, which is taken just before going to bed, should not exceed 92 degrees Fahrenheit. Hotter than this a bath becomes very stimulating, and is apt to make the subject wakeful.

A hot water bath of half a hour, taken late at night under favorable conditions, is extremely restful, and I know



THREE AMERICAN TYPES OF BEAUTY



AUSTRIAN TYPE OF BEAUTY

of no factor so potent in the preservation of a woman's looks and vitality.

When I asked Sara Bernhardt how she kept her extraordinary appearance of youth, her beautiful figure, and her marvelous complexion, she said to me:—

"Hot water, my dear; I do not believe that I should be alive to-day were it not for my hot bath. When I am nervous, I take a warm bath and am rested. When I am tired, exhausted, I take a hot bath and am revived. And every night after the play is over, I take a hot bath and a scrub from head to foot, with a pure soap, and am refreshed. I believe nothing in the world will preserve a woman's youth and strength and looks as warm and hot baths."

Of course it is not wise to take a hot bath in the morning, and then, before the circulation has become equalized, after having been stimulated, to rush out into the cold or damp.

A cold bath every morning is much safer and will be found equally stimulating where the subject can endure the shock, and many can really stand it who fancy they cannot.

As before stated, it is very necessary to use a proper soap, and curiously enough, many people are economical about soap, while liberal in expenditures for every other necessity. A pure soap is one that contains no free alkali, and which is composed of vegetable oils. For the face, the best I know of is the French hygienic, but for the full bath there are a number of less expensive soaps that are pure and satisfactory. Among these the cotton-seed-oil soaps are inexpensive and safe.

To make a delicious perfume for the bath, one need only add a teaspoonful of the old-fashioned benzoin mixture, which is made as follows:—

TOILET WATER FOR THE BATH

Rose water.	900 grammes.
Tincture of myrrh	10 grammes.
Tincture of opopanax	10 grammes.
Essence of citron	4 grammes.
Tincture of quillaia, q. s., to make an emulsion.	

Other good perfumes for the bath may be made as follows:—

HUNGARY WATER

Pure alcohol.	2 quarts.
Essence of rosemary (Hungarian, if possible),	28 grammes.
Lemon peel.	14 grammes.
Essence of balm-mint	14 grammes.
Essence of peppermint	4 grammes.
Extract of rose	28 centilitres.

Mix, and let stand for two weeks. Then filter, and it is ready for use.

AROMATIC VINEGAR

Gum camphor	1 ounce.
Oil of cloves	1 drachm.
Oil of cedar and lavender	each 40 grains.
Oil of bergamot and thyme	20 grains.
Oil of cinnamon	10 grains.
Glacial acetic acid	$\frac{1}{2}$ pound.

Mix all, pour into a large stoppered bottle, and agitate until the camphor is dissolved. This makes a very fine aromatic vinegar for the bath. Diluted with a little water, it is also most refreshing for the face.



CLEO DE MERODE

FRENCH TYPE OF BEAUTY



JEWISH TYPE OF BEAUTY

TOILET WATER FOR MAKING THE FLESH FIRM AND SMOOTH

Strong red-wine vinegar, }
Tincture of benzoin, } 200 grammes each.
Extract of red roses.

To the woman who loves a delicious addition to the bath, the following is recommended:—

TOILET VINEGAR OF STRAWBERRIES

One pound of fresh strawberries, well macerated, and one ounce of acetic acid, which is nothing more than very strong vinegar. Let the mixture stand for about twelve days and then strain through a muslin cloth. A little of this poured into the daily bath will prove delightful and invigorating.

TURKISH BATHS

A Turkish bath, taken at the proper time, is to be highly commended. The preliminary sweating, produced by the hot rooms, brings the dirt and foreign substances to the surface, and the subsequent scrubbing with soap thoroughly cleanses the skin and opens the pores.

Women who indulge in Turkish baths should be extremely careful about going out into the cold immediately after. As excellent as the Turkish bath is, there is no question but that the subject is liable to catch a severe cold, and in many cases I know that such colds have resulted in pleurisy or pneumonia. For this reason at least an hour should elapse after the bath is concluded, before the subject leaves the bathing rooms.

SULPHUR BATHS

Many skin afflictions will yield to a course of sulphur baths when all other treatments have failed. If it be possible, the course should be taken at an establishment where medicated baths are given. If impossible, a sulphur bath may be taken at home.

HOW TO PREPARE THE SULPHUR BATH AT HOME

The bath may be prepared either by adding one ounce sulphuret of potassium for every ten or twelve gallons of water used, or one ounce sulphuret of calcium for every fifteen gallons of water.

The sulphur bath is a powerful remedy in every description of skin disease.

THE ELECTRIC BATH AS A REJUVENATOR

A jaded society woman will find the electric bath her great ally in chasing away the marks of time and care. I have seen women look really ten years younger from the effects of one bath. Of course the refreshening is only temporary, but women who can afford it should take two electric baths a week for the tonic and invigorating effect they give.

The electric bath is a luxury and should be taken in one's own home under the care of an experienced electrician and *masseuse*. The patient sits in a bath two-thirds full of water into which a generous cup of salt has been thrown, and the electricity is applied through a sponge from a battery (galvanic preferred). The current can be



ITALIAN TYPE OF BEAUTY (OLD)



regulated. After the electricity has been applied, the patient is given a hot scrub which is followed by a thorough massage treatment from head to foot.

There are, unfortunately, but one or two skillful electricians (women) in New York who understand how to give these baths successfully. The electric bath should be given at the patient's house. It is much wiser to employ a professional electrician and *masseuse* if possible, but unless a competent person can be secured it is better to learn how to use a battery oneself. A ten-cell galvanic battery will cost about \$20. This method of applying electricity is wonderful in its results upon the face, and is an important adjunct to massage in removing wrinkles.

The current should be greatly reduced for the face; never stronger in my opinion, than three cells. Shocks are blunders, always painful, very often harmful, no matter who is responsible, and only a very clumsy electrician will "shock" a patient in the bath. There is no excuse for a shock, which is the result of ignorance or carelessness, and ruinous to nervous women.

Electric baths may be taken once a week with excellent results where they are intended for a tonic only, and in cases of rheumatism, neuralgia, internal and ovarian troubles and goitre, the electric bath is often a specific, and may be given daily until no longer required so often.

AROMATIC BATH FOR NERVOUS WOMEN

Sage	25 grammes.
Romarin	30 grammes.
Serpolet	40 grammes.
Menthol	15 grammes.
Lavender flowers	25 grammes.

Make an infusion in about a quart of boiling water. Let stand till cold. Strain. Pour the liquid into the bath; tie the leaves together in a bag of cheese cloth, and throw the bag into the bath also.

BEAUTY BATH

This bath is said to give the skin a wonderful luster and appearance of youth. It is made as follows:—

Rose water	125 grammes.
Glycerine	50 grammes.
Pure alcohol	50 grammes.
Tincture of benzoin	50 grammes.
Boric acid	25 grammes.

Dissolve the boric acid in the alcohol, and mix with all the other ingredients.

Use as a sponge bath for the entire body.

GELATINE BATH

Dissolve 500 grammes of good gelatine in four quarts of water. Put the mixture upon the stove, so that it will melt more rapidly. Add the entire quantity to the bath.

This bath is used by French women to give firmness to the skin.

BATH OF THE ARISTOCRACY

To 100 grammes of tincture of benzoin add 40 grammes of aromatic vinegar. This quantity is for a large full bath to which it is to be added.

In concluding this important chapter, I assert that if I had but one opportunity to make myself heard in this great world I know what I would say:—

“If you want to be beautiful, healthy, happy, beloved, and live to a good old age, you must be cleanly.”

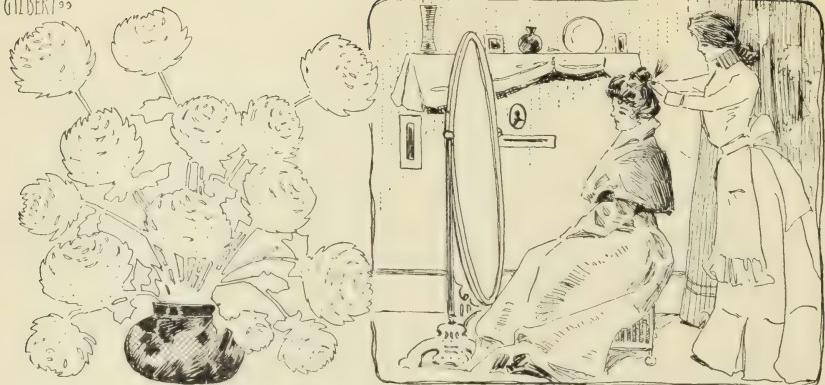
You can’t be if you do not take at least one bath each day. Not necessarily one of the luxurious baths before

described, but a "good, plain bath," with plenty of soap, a scrubbing brush and brisk friction after it.

Beauty alone will cause a man to fall head over ears in love with a woman. But personal cleanliness and perfect daintiness will preserve a man's affection and respect as no other attribute can, for even age is charming when clean and wholesome.



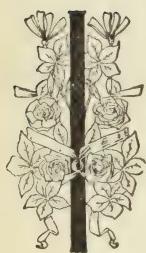
GILBERT



CHAPTER VII

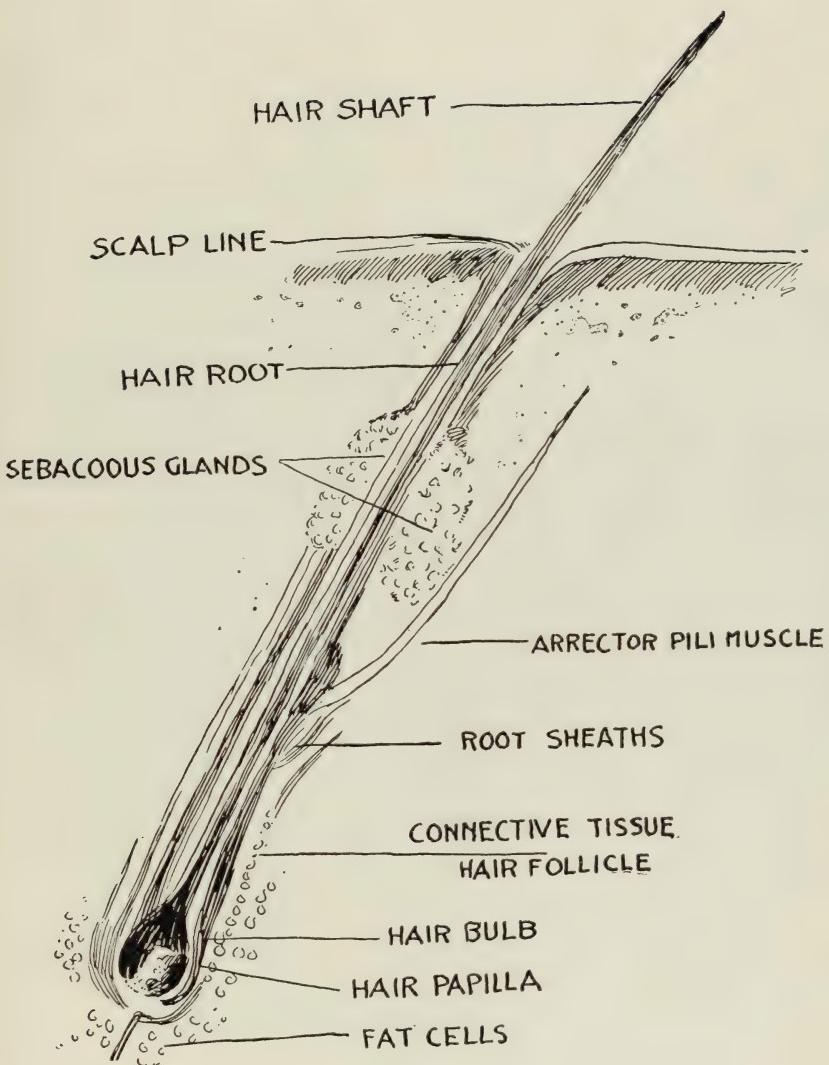
THE HAIR

Her sunny locks
Hang on her temples like a golden fleece.
— *Merchant of Venice.*



IT IS well for every one interested in this subject to know that the root of the human hair, unlike that of a plant or tree, will, even though plucked out completely, reproduce itself. Every hair growing on a human being is really a modification of the cuticle. Each tiny hair consists of a root, which is planted in the skin in an elongative shaft, which projects from the root and the terminal point. There is a little bulbous enlargement at the extreme point of the hair root.

This bulb is found in a little sacklike involution of the cuticle, which is called the follicle. Some hairs are much more deeply implanted than others, and are consequently capable of far greater resistance. Until the folli-





HOW TO BRUSH THE HAIR (ALWAYS BACK)

cle itself is destroyed, the hair will reproduce itself. The orifice of the sebaceous glands opens into the follicle, and in these glands nature prepares the oily substance which gives the hair a gloss and smoothness. When the follicle is dead, the place becomes, of course, what we term bald, and the peculiar smooth, shiny look apparent on many a bald head is a sure proof of the death of the hair follicle, but so long as there is life, the fact that the hair is falling out should be by no means disheartening.

The quantity, quality, and texture of the hair are governed by heredity, temperament, and the general health of the patient, and depend much, of course, upon the care received. Nervous people have usually less hair than those of a more phlegmatic temperament. So long as the blood circulates with healthy vigor through the scalp, the hair will be in a greater or less degree luxuriant and strong. There is always something wrong with the circulation in the scalp when the hair begins to fall, and, as we say, to grow thin. Excepting sickness and hereditary or constitutional causes, the chief reason for falling hair, and indeed for almost all hair ailments, is the lack of care from which the hair almost universally suffers.

The essential needs of the hair are scrupulous cleanliness, ventilation and friction. For some inscrutable reason, few people are willing to concede that the scalp requires to be washed often enough to keep it decently clean. I do not hesitate to say that in all ordinary cases the hair should be washed thoroughly at least once a week, and oftener if exposed to much dust or dirt, or if there is an inclination to dandruff.

CAUSES OF UNHEALTHY HAIR

When the hair persistently suffers from loss of vitality, it is usually from one or more of the following causes: uncleanliness, mismanagement, anxiety, disease (particularly dyspepsia), want of exercise, overwork, mental strain, and the use of harmful so-called restorers and tonics. These same causes frequently produce and increase the gray hairs that appear on a woman's head, one or two at a time, at about five and thirty, and a little later usually on the heads of the other sex.

For falling of the hair, massage of the scalp (see detailed description, page 121) is often wonderful in its beneficial results. It will frequently arrest the loss at once, or within twenty-four hours, plainly showing that the circulation was impaired and required stimulating.

The electric brush—by which I mean a brush attached to a battery, as there is no such thing as an electric brush in reality, except one through which a current of electricity is passed—will be of great assistance in stimulating the circulation of the scalp. In addition to this a good tonic should be used locally, but none of these remedies will be more than temporarily effective if the general health is impaired, particularly if there is a derangement of the digestive organs. In such cases, the subject should at once seek a remedy for the producing cause.

The coloring matter of the hair has been scientifically shown to consist of the mineral ingredients in the pigment of the cells. These minerals change with age and health, and vary in individuals. Very blond hair contains

a large proportion of magnesia; iron predominates in black hair; chestnut and browns contain a large amount of sulphur. When the iron or sulphur pigment fails, the hair becomes gray, and as iron appears to fail earlier than sulphur, black hair is oftener found turning gray in youth than any other color. Sulphur comes next, and the magnesia resists longer than any of the others, for which reason blond hair often retains its youthful beauty and luster far beyond middle age.

The reason the golden hair of little children darkens as they grow older is because the hair pigment changes, the sulphur or iron increasing and becoming more powerful than the magnesia. Because of the demonstration of these chemicals in the hair pigment, a theory has been expounded and has attracted many otherwise sensible people to the effect that the lacking minerals of the hair pigment can be replaced and the hair thus restored to its natural color by rubbing the scalp with pomatum or lotions highly impregnated with sulphur or iron. I have been told many times in most profound seriousness that the hair bulbs readily absorbed the minerals, with a consequent restoration of the original pigment—but I have never seen the miracle effected.





CHAPTER VIII

THE HAIR—Continued

The loose train of thy amber drooping hair.

—Milton.

IF POETS and prose writers and painters and every-day men had not from the beginning of the world sung and written and painted and praised golden-haired beauties, there would be no occasion for these humiliating remarks of mine. If we had not had golden-haired sirens flung at us from babyhood, we never would have been the streaky-headed frights we are at this moment—some of us.

But I want to ask seriously the women who are slaves to the peroxide bottle: “Does it pay? Is it worth the price? Does it pay in the first place to enter into any kind of bondage voluntarily?” For artificially acquired and maintained golden hair is a bondage compared to which Egyptian servitude appears, by all accounts, to have been lightsome and diverting.



AN ARTIST'S MODEL FAMED FOR LUXURIANT HAIR—No. 1

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AN ARTIST'S MODEL FAMED FOR LUXURIANT HAIR — No. 2

To begin with, as every "peroxidian" knows to her cost, bleached hair never remains the same shade, and never by any happy chance looks like the natural golden locks. It will deceive many men,—which is something,—but never another woman.

If once made yellow, it should stay so, one thinks, but it never does. On the contrary, as though it really were possessed of an independent spirit, the original color of the hair is forever unexpectedly asserting itself—just when it should not. It has a truly maddening way of showing up, despite all the skill of the peroxide experts on the face of the earth. Those awful telltale, dark roots, those lustreless tow-colored ends—the bleached woman is always conscious of both. For though you religiously abstain from touching any part but the roots of the hair with the colorless liquid, the roots never say dye, nor yet bleach.

The cause of this failure to bleach the roots is easy to understand. The hair pigment is more copious at the roots and the continuous growth—of necessity—makes the dark line at about half an inch from the scalp. The contrary is the case with the hair from about three inches from the roots, which becomes lighter and more of a telltale at each application.

At the very best, a bleached blonde is never easy in her mind for a moment. Either she has just applied the peroxide and feels sure that it is unevenly done, and glaringly metallic in color, or she is conscious that she needs touching up about the temples and at the back of the head—one or the other of the telltale spots. She is tied down to a bottle of peroxide of hydrogen for the rest of

her life, and if, as is devoutly to be hoped for all women, she is some man's idol, ten to one she has deceived him as to her lovely golden hair, and her slavery is more unbearable from the awful fear of discovery. Wherever she goes she must take her peroxide. Just so often she must apply it. It takes about one day to do this satisfactorily. But the self-consciousness of presuming to be something one is not, the anxiety concerning the awful telltale spots at the roots, the time and trouble required for the ever-recurring treatments are only a very minor part of the price a bleached blonde pays for her locks of gold.

Just as soon as a woman bleaches her hair,—professional women always excepted,—she invites most unpleasant criticism from both men and women, strangers and acquaintances. When a woman by design makes herself conspicuous, she must accept the consequences. The consequences usually are that she is regarded lightly, and although she may be, and often is, a girl or woman of unblemished character, her appearance belies her, and she suffers the truly awful humiliation of failing to evoke immediate respect wherever she may happen to be.

At this cost, I find the price paid for the most lovely golden locks ever produced artificially much too high.

But to those of my sex who insist on yellow hair and who desire a harmless bleach, I give directions for the process:—

PEROXIDE OF HYDROGEN

Get a bottle of chemically pure peroxide of hydrogen. Before making the application, the hair should be thoroughly washed and dried. Pour a little of the peroxide

into a saucer, and apply to the roots of the hair with a tooth brush. You must regulate the color by your own observation. One application will produce a most noticeable change.

Never use ammonia in connection with peroxide of hydrogen. Hair dressers have a fashion of "preparing" the hair, as they term it, by bleaching, and in order to hasten the bleaching process, they use ammonia.

Peroxide of hydrogen will not injure the hair, if carefully used, but in connection with ammonia it will, in the course of time, destroy the constitution of the hair.

The effect of peroxide is always to make the ends of the hair very much lighter; the color has been literally taken out of the hair and there is no way of restoring the bleached ends. You will have to have the hair dyed or stained. I do not think any one can personally keep the hair an even shade by the aid of a bleach, and there is really no other process that is not injurious. The hair can be kept slightly brightened by the use of diluted peroxide, but the roots of the hair will always be the original color as the hair grows out.

In order to keep your hair a uniform color when you are using an artificial preparation, you should have the services of some one who understands the matter thoroughly. Nothing can prevent the hair from growing out its original color, and there is always a difference for about a half inch from the root. Only a person very skillful in the art can touch up the roots successfully.

To turn bleached blond hair back to its original color, have it dyed or let it grow out its natural color. After it

has grown out, if you choose to bleach it again, you can do so without injury, but it would not do to rebleach or attempt to rebleach the dyed hair.

Peroxide of hydrogen is also a bleach for the eyebrows. It would first lighten the color and finally would turn them a golden shade.

I do not think the peroxide treatment adapted to the eyebrows.

Peroxide of hydrogen diluted half and half with water will turn dark brown hair an auburn shade.

When muddy brown hair is at its best it is not beautiful. When it loses its lustre it is extremely unbecoming and robs a woman of color and style. It can be brightened by washing it, after a thorough shampoo, with a teaspoonful of chemically pure peroxide of hydrogen, diluted in a teacupful of water. Wet the hair thoroughly with it and fan it until dry.

GRAY HAIR

Prematurely gray hair is usually an inheritance from father to daughter or from mother to son, or it may come from a generation or two back. Many people ask me for something which will change black hair to silver white, and do away with the yellow shade. There is no harmless preparation which will effect this desirable result. I have not seen a homemade dye which was not plainly perceptible; and though I give recipes for them, I do not advise their use when a first-class proprietary article can be obtained.

I give a formula for a hair dye, but I want to say candidly that I think homemade hair dyes are rarely, if ever, successful. In order to make a thoroughly good hair dye, the services of a skillful chemist are required.

HAIR DYE

Pyrogallic acid, one-quarter of an ounce; distilled water (hot), one and one-half ounces. Dissolve. When the solution is cool add one-half ounce of alcohol. Pyrogallic acid is extracted from Chinese nut-galls. The hair should always be thoroughly washed before applying the dye.

I repeat that while this is an excellent hair dye, I do not think it is successful as usually made by an amateur.

To stain the hair slightly the above dye may be diluted with two or three times its weight of soft water and a little more alcohol.

A ONCE-FAMOUS HAIR DYE

Precipitated sulphur	1 drachm.
Acetate of lead	1 drachm.
Rose water	4 ounces.

This dye was famous during the Mexican War, and its inventor made a fortune out of it. I do not myself believe in lead hair dyes.

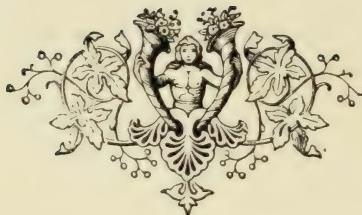
THE TURKISH METHOD OF APPLYING HENNA LEAVES TO THE HAIR

In Turkey the women very much affect the Titian-red tresses which are to-day so much in vogue in America.

The reddish tint is produced by henna leaves as in America, but the Oriental method of applying the color is different.

The Turkish women grind the henna leaves to an impalpable powder. They make a paste of this powder by mixing enough boiling water to it to produce a thin paste. While yet warm the mixture is applied to the hair and allowed to remain on the head from a quarter of an hour to two hours, according to the shade of red desired. The henna is removed by rinsing in several clear waters.

My own opinion, as I have announced it previously on the subject, is that the best results are obtained by patronizing one of the well-known manufacturers or hair dressers who make a specialty of coloring the hair any shade the customer desires.





CHAPTER IX

THE HAIR—Continued

"Fair tresses man's imperial race ensnare,
And beauty draws us by a single hair."—*Pope*.



CURF, or dandruff, unless in a most aggravated form, is not a disease. It is the result of neglect, or, in plain English, uncleanliness. Scurf, or furfura, is a natural and healthy formation and very frequently is produced by rapidly growing and very luxuriant hair. You may keep dandruff from accumulating, but you cannot prevent its formation. When the scurf is excessive, despite great cleanliness, it denotes an unhealthy condition of the scalp. In such cases, the following lotion may be used, but always in conjunction with very frequent washings:—

Extract of rosemary	1 drachm.
Tincture of cantharides	$\frac{1}{2}$ drachm.
Solution of carbonate of potassium .	$1\frac{1}{2}$ drachms.
Distilled water	4 fluid ounces.

Where there is itching with the scurf or dandruff, the cause is sometimes found to be parasitical. In such cases, washing the head frequently with a good bichloride of mercury soap is most effective. This soap can be purchased at any drug store.

The following substances are also employed for removing parasites: Naphthol, mercurial ointment, tobacco, coccus-indicus, pyrethrum, carbolic acid, and sulphur. Any of these remedies can be procured in the form of powders, lotions, and ointments, and some in the form of soap. A good druggist will be your best guide in the matter. Naphthol and corrosive sublimate are well adapted for the cleanly removal of the parasites. Pure naphthol and pure kerosene are too inflammable and malodorous to be recommended as applications. If used, they should be rendered less dangerous by mixing them with olive oil. Soda, borax, vinegar, alcohol, and diluted acetic acid are useful also for destroying the nits.

Allies of these parasites in their invasion are a low tone of the system, induced by poor and insufficient diet, also bad ventilation, and other unhygienic conditions. These constitute, under the circumstance, a true disease, and it is necessary in such cases that the sufferer should be invigorated by tonics, and at the same time that all depressing influences be removed.

VIGIER'S REMEDY FOR PARASITES

Doctor Vigier declares that the following formula will destroy parasitical life. It may be used upon the face or head:

Bichloride of mercury in solution	5 grammes.
Glycerine	100 grammes.

TO KEEP THE HAIR AND SCALP HEALTHY

To prevent dandruff always use scrupulously clean hair brushes and do not use a fine comb. Do not wear anything which will heat the head. The following is recommended as a most excellent preventive of dandruff:—

Tincture of cantharides . . . 1	ounce.
Liquid ammonia 1	drachm.
Glycerine	$\frac{1}{2}$ ounce.
Oil thyme	$\frac{1}{2}$ drachm.
Rosemary oil	$\frac{1}{2}$ drachm.

Mix all together with six ounces of rose water. Rub the scalp thoroughly with this preparation until no further evidence of dandruff is noticed.

To keep the hair and scalp both in a healthy condition, it is necessary that they should be kept scrupulously clean.

SHAMPOO FOR DANDRUFF

Yolk of one egg, one pint of hot rain water, one ounce of spirit of rosemary; beat the mixture up thoroughly, and use it warm, rubbing it well into the skin of the head. Rinse thoroughly in several waters. This wash is good for dandruff where the ordinary shampoo fails.

TO CLEANSE THE SCALP

This is by no means easy with some constitutions. Lately I have heard of the wonderful effect produced by rubbing the scalp with a fresh lime. I advise subjects with obstinate cases to try this:—

Divide the fruit in two, and as you need it, cut it for a fresh surface. At the end of a week wash the head with a yolk of an egg beaten in half a pint of warm water; afterward rinse thoroughly, and repeat the whole process at the end of another week, if necessary.

ECZEMA OF THE SCALP

A good remedy for eczema of the scalp can be prepared as follows:—

Cocoa butter, twenty grammes; spermaceti, ten grammes; salicylic acid, two grammes. Mix in pomade. Then apply to the affected spots. Allow the pomade to remain on all night. Wear a nightcap, if possible, to prevent soiling the bed linen. In the morning wash the whole head carefully and gently with a pure hygienic soap and warm water. Rinse and dry thoroughly. Repeat this operation night and morning as long as necessary.

FALLING HAIR

Where there is great physical debility and a great failure of health in connection with the falling hair, a course of tonic medicines taken internally is often very serviceable. A few excellent hair tonics to be used externally are made as follows:—

FOR FALLING HAIR

Phenic acid	2	grammes.
Tincture of nux vomica . . .	7½	grammes.
Tincture of red cinchona . . .	30	grammes.
Tincture of cantharides . . .	2	grammes.
Cologne	120	grammes.
Sweet almond oil	60	grammes.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

THE JABARONDI TONIC FOR FALLING HAIR

This tonic is not a very late discovery. It has been used for some time and is excellent for falling hair. It is made as follows:—

Hydrochlorate of pilocarpine . . .	6 grains.
Tincture of jabarondi	4 drachms.
Spirit of rosemary	2 drachms.
Yellow vaseline.	4 ounces.
Alcohol	4 ounces.

It must be applied to the scalp every night. Rub it in thoroughly.

WHEN THE HAIR HAS FALLEN OUT AFTER FEVER

This is very successful when the hair falls out after a fever:—

Cologne	8 ounces.
Tincture of cantharides	1 ounce.
Oil of English lavender	$\frac{1}{2}$ drachm.
Oil of rosemary	$\frac{1}{2}$ drachm.

Apply to the roots of the hair once or twice a day.

It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

CASTOR-OIL HAIR TONIC

Castor oil	80 grammes.
Bay rum	80 grammes.
Tincture of cantharides . . .	10 grammes.

Twisting the hair tightly at night is a very injurious habit. The hair needs ventilation, and to prevent the free circulation of the air through its roots not only interferes with the growth of new hair, but weakens the roots of the old. Every woman should brush her hair carefully at night before going to bed and braid it loosely for the night toilet.

A child's hair should be washed at least once a week. The olive-oil soap shampoo mentioned on page 520 is best

for children's hair: First wet the hair thoroughly with warm water, then rub the shampoo mixture well into the roots. Rinse thoroughly in several waters. Then carefully dry.

• FOREIGN REMEDIES FOR FALLING HAIR

Doctor Monin, the celebrated French hygienist, highly extols the following preparation for falling hair:—

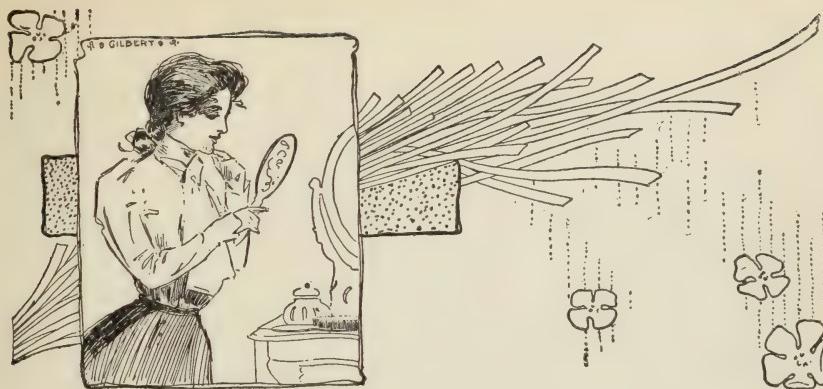
White vaseline	40 grammes.
Castor oil	20 grammes.
Gallic acid	5 grammes.
Essence of lavender . . .	10 drops.

For premature baldness, I have tried Professor Lassar's treatment with great success. The hair is first washed with a good tar soap. It is afterwards rinsed with warm water, and then a cooler water. The hair is partially dried, and the following wash applied with friction to the scalp:—

Solution of corrosive sublimate (5 %)	150 grammes.
Glycerine and cologne water each	50 grammes.

After thoroughly rubbing this solution into the scalp, rub it with alcohol to which a little 5 per cent. napthol has been added. Let the hair dry, after which the scalp must again be rubbed with a liniment made as follows:—

Salicylic acid	2 grammes.
Tincture of benzoin	3 grammes.
Sweet almond oil	100 grammes.



CHAPTER X

THE HAIR—Continued

You should be women,
And yet your beards forbid me to interpret
That you are so.—*Macbeth*.

PERHAPS you think there is nothing pathetic in the condition of a woman who, having committed no sin, finds herself the object of a lifelong punishment in the shape of a moustache.

Yes, I know it is the custom to laugh at women with beards, but you may believe me when I tell you that the poor creatures thus disfigured weep and suffer, and sometimes have actually died from the mortification and shame. I may also add that of all the punishments meted out to our sex, the one that is the ugliest to bear—superfluous hair—is the one that practically defies science, and for which up to this writing there is no certain cure, electrolysis excepted.

There are innumerable depilatories which will temporarily rid one of the nuisance, and there is the electric needle which will kill the root, if it happens to strike in the very center. When one considers the size of even a coarse hair, and the chances of striking the exact center of that hair follicle with a needle guided by the very steadiest hand, one imperfectly realizes the chances for failure and success. Besides this, electrolysis is very expensive, and fate has dealt moustaches to the rich and poor with equal lavishness.

One thing we may be thankful for in this matter. It isn't much, but it is a step in the right direction. We no longer supinely submit to moustaches and bearded chins and die a thousand deaths daily under the impression that they are special dispensations of Providence. Moustaches upon women's faces are the effect of a cause, just as everything else is. One of these days we shall find out the cause perhaps. Until that blessed hour arrives, the women who are afflicted with beards may keep fairly busy dealing with effect.

You may not credit my assertion that in your mother's and my time, it was considered, so to speak, flying in the face of Providence for a woman to try and get rid of a facial defect, no matter how disfiguring. But I assure you it was so.

When I was in the West, a year or two ago, I spoke to a charming old friend of mine on this and kindred topics, and I asked her if the women of her day looked as pretty at forty as those of the present time. And she replied: "Why, women of sixty-five to-day don't look as old as we did at forty."

Now, this sweet old acquaintance of mine is nearly eighty years of age, and she is a saint, if ever there were one. It is said that she has not missed a Wednesday evening Methodist prayer meeting but once since she experienced a change of heart when she was sixteen, and that one time was the Wednesday of the great Chicago fire.

She said that she "felt mad clean through to this hour" when she thought of a certain beautiful schoolmate of hers who was the flower of the flock until about her eighteenth year, when a growth of superfluous hair appeared on her face, so disfiguring that she secluded herself and literally broke her heart over her affliction.

When a worldly aunt suggested seeing a surgeon, and endeavored to get the deformity removed, the girl's father, who was a deacon in the church, held up his hands in holy horror, and declared that some awful punishment would be meted out to people who attempted to interfere with the Lord's will.

"If the Lord gave Charity Ross whiskers," he said, "He had some good reason. Most likely she was settin' too much store by her good looks and must be took down."

Poor Charity Ross! She was "took down" sure enough, and sleeps in a narrow grave, dead at twenty-two from a broken heart, because of this affliction.

My old friend, when she related this story to me, was filled even yet with righteous wrath, and she said with flushed face and sparkling eyes:—

"Hattie, don't you ever fail to improve a woman's looks when you can, and do help the poor things with

moustaches. It is missionary work just as much as any other."

Now I should not tell you the truth if I were to say that by the use of ordinary depilatories you can do more than keep the affliction in abeyance, but this certainly can be done. There are a lot of absolutely useless depilatories upon the market, and there are several that will accomplish the temporary removal of superfluous hair without pain or danger, if properly applied, and which, if temporary, answer every purpose, inasmuch as they may be used whenever required. They are inexpensive, relatively speaking, and do not require the services of a physician or dermatologist.

Electrolysis, when successful, is beyond all question the sure cure for superfluous hair, but, unfortunately, the electric needle fails in about ninety cases in one hundred; that is to say, the operation of destroying the hair root is so extremely delicate, that the needle, even when directed by scientific and expert hands, strikes the center of the hair root only about ten times in a hundred. The operation, when unsuccessful, may be repeated over and over, and it has been in one case within my knowledge until every hair root has been killed, but it required infinite patience, months of precious time, great endurance,—as it is very painful,—and the cost was for the treatment to which I refer, five hundred dollars. If you conclude to try electrolysis, go to the best specialist, or you may add a collection of white scars to your growth of superfluous hair.

In giving a formula for a depilatory which is effective and harmless when properly applied, I wish to say that

the compounding of this preparation—said to be the invention of Doctor Boetger—should only be intrusted to a first-class chemist. This depilatory is highly praised by Doctor Monin, the eminent French authority. It is made by passing a current of sulphureted hydrogen through a thick layer of quicklime until the latter is thoroughly saturated. After this take of

Sulphydrate of quicklime . . .	20 grammes.
Glycerinated starch	10 grammes.
Pulverized starch	10 grammes.
Essence of lemon	10 drops.

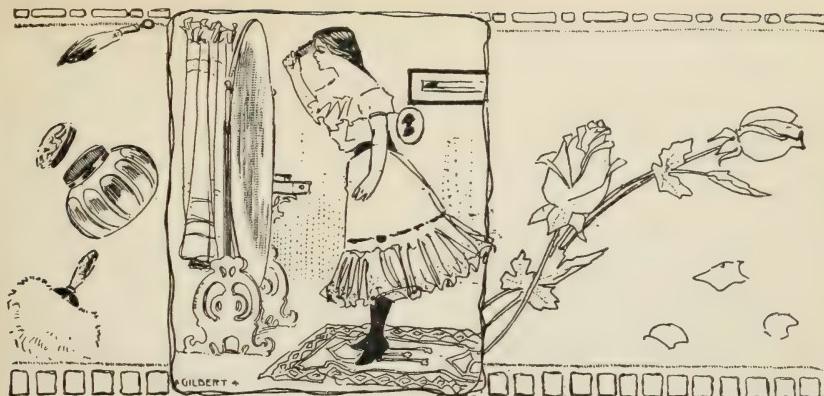
Apply a little of the compound lightly to the afflicted skin. Let it remain twenty or thirty minutes. Wash off gently with warm water. If it begins to smart before the time mentioned, wash it off. The hair will come with it. Apply a little cold cream to allay any redness or irritation. This preparation, I beg to repeat, is dangerous, and should be carefully kept where children cannot reach it.

To remove superfluous hair from the arms, get an ordinary five-cent cake of pumice stone. This is not pumice soap, but the regular old-fashioned pumice stone. To remove the hair, rub the skin afflicted with the superfluous growth, and the pumice stone will wear the hair off. Be careful not to be too heroic and irritate the skin. In case the arms are made red by this treatment, use a little cold cream. The pumice stone is best used on the arms at night before retiring. The hair on the arms may be kept so close to the skin by this method that it cannot be seen. Of course the hair will grow again, and must be removed from time to time.

Peroxide of hydrogen will, if used frequently, bleach the hair upon the arms, and if mixed half and half with ammonia will in time destroy the constitution of the hair. It will not prevent the growth of new hair, however, which will appear the original color.

Recently the old-fashioned method of removing superfluous hair by means of the tweezers has been revived. It is said that the application of a little subnitrate of bismuth and glycerine to the parts immediately after the hair had been plucked out by the aid of the tweezers, will prevent the reappearance of the growth. The plaster-stick composed of Burgundy pitch and beeswax is another mechanical and temporary remedy. The stick is heated to a melting point, clapped on the hairy part, allowed to remain in contact with the skin till cold, then sharply withdrawn, bringing the hair with it.





CHAPTER XI

THE HAIR—Concluded

Shine out, little head, running over with curls.—Tennyson.

HAD Nature been always the kind dame we love to paint her, she had bestowed a lovelock or two upon each of us, and in so doing she would have eliminated from our summer one of its most distressing accompaniments—the withered bang, the limp and straightened Hyperion curl *à la mode* of to-day. The generally done-up appearance we present when the curl has departed from our forelocks is one of our summer agonies, and too well we know how the glory of the hair dresser (be he never so skillful) is eclipsed in one brief half-hour of seaside fog.

It is said that persons with naturally curling hair are always possessed of more lovable and sweeter natures than those with wiry or straight capillary adornments, and small credit to them, say I. On most occasions in

this pilgrimage, the fact that we are looking our best is a wonderful incentive to good behavior, and the woman with natural curls can discount her straight-haired sister in the way of appearances many a time and oft. She knows it; why should she not be amiable? Think of the picture a curly-haired woman makes of herself in the surf, with her tiny ringlets blowing and coquetting at every turn. Why should she not reflect complacency of spirit? Look at the straight-haired "miserable" as she endeavors to sneak to her bath-house from her dip, the one thought uppermost in her mind expressed in her stern and wretched countenance: "Oh, my hair, my awful, awful hair, with every bit of wave taken out of it. How like a fright I look!"

The sad sea wave is a merry, reckless trifle compared to the somber, straight-haired, drenched, and desperate-looking woman bather. And the hops and yachting parties! What chance is there for her of the wiry locks if there be a curly-haired girl about—a girl whose hair grows prettier, more irresistible, more dangerously attractive from the very exposure to fogs or exercise, that ruin the looks of the lass with the straight wisps where crimps have been.

It would have been more just, I consider, to have let the beauty of waving locks go unattended by special virtues.

The straight-haired martyrs should have been at least the recipients of the sweetness that is alleged to belong to curls. If we can't be beautiful we ought in justice to have been created sweet of temper.

When it comes to artificial methods for making the straight hair crooked, or to be more correct, wavy, why there are many so-called curling fluids, curlines, and the like.

They are rarely satisfactory, as they all contain gelatinous ingredients and result in giving the hair a stiffness of texture that is disagreeable and unbecoming in most cases.

I give a formula for a curline, but I must frankly say I prefer the curls formed by the old-fashioned rubber curlers or even by the curling iron.

Naturally the curling iron must be used with discretion, and care must be taken not to burn the hair.

As good a curline as any is made as follows:—

Gum arabic (finest white) 1 ounce.

Moist sugar (good) $\frac{1}{2}$ ounce.

Pure water (hot) $\frac{3}{4}$ pint.

Dissolve. To the solution, when cold, add of

Rectified spirit 2 fluid ounces.

Corrosive sublimate (powdered) . 6 grains.

Sal ammoniac (powdered) . . . 6 grains,

the last two being dissolved in the spirit before the admixture. Lastly, add enough water to make the whole measure a pint, with a little esprit de rose, eau de cologne, or eau de lavande, to scent it. The hair is moistened with the fluid before putting it in papers or papillotes, or using irons.

HAIR CURLED TO LAST THREE WEEKS

A few years back a hair dresser in Paris acquired renown for a process of permanently curling or waving the hair. The coiffeur liberally advertised, and the rush to his

establishment was something amazing to see. Women waited hours for even an opportunity to make an appointment for "the permanent curling," and the payment of sometimes ten times the advertised price (five dollars) would secure a few hours advance in the longed-for services of the besieged hair dresser, but more frequently engagements were made six weeks ahead. It was certain that a fortune as well as fame awaited the individual who had invented the process for keeping the hair permanently in curl.

Being in Paris I availed myself of an opportunity ardently desired to secure waving ringlets, and, after pleading earnestly, almost tearfully, with the coiffeur's "secretary" (if you please), I was told that as an especial favor I might have my hair treated one week from the date of the reception of my prayer, if I could be, without fail, at the hair dresser's establishment at six in the morning. I eagerly promised, and I smile now as I look back on that summer morning and remember with what zeal I arose at daybreak and how to the minute I kept my appointment. The thought of waving tresses, the hope of never again having to wrestle with hot irons and alcohol lamps was exciting, and gave quite a zest to life.

When I reached the celebrated M. Eugéne's shop, I was ushered into a little room. My hair was quickly taken down, and brushed by a young woman assistant. It was then thoroughly moistened with a liquid, after which, with a dramatic gesture, the young person walked to the door at the rear of the room and said: "Madame est prête, Monsieur!"

Immediately a small, dark-haired man appeared, bearing two sets of curling irons and a little stove. The irons were heated, and with many a twist and wrench, every blessed hair on my egotistical head was given a curl. The operation was neither painless nor soothing. Quite the contrary. The odor of the liquid as it dried beneath the heat of the iron was offensive. I wondered if I should be permanently odorous as well as curled. It was too high a price to pay even for ringlets. The coiffeur was a stern and majestic gentleman who wielded a curling iron as a king his scepter. I dared not remonstrate.

When the curling was over, his majesty departed, and I was allowed to *cool*; then my hair was combed and dressed, and I can truthfully say it was curled. I could not have believed there was so much curl in twenty heads of hair. I seemed to have developed suddenly a most wonderful case of mature rickets. My head was four times its size, and I reflected with bitterness that it was guaranteed permanent. When I reached my hotel, my travelling companions shrieked with glee at my Circassian Lady hirsute adornment, and they sang me Lear's nonsense rhyme about a "bird that was three times as big as a bush." I was as anxious to get rid of my curls as I had been to acquire them. I accordingly sent for an everyday hair dresser, and had my hair thoroughly washed. Alas! It was permanently curled and no mistake; and later when an eminent French chemist called, and I hysterically explained the sudden swelling of my head, and told him what I had done, I was not much consoled to have him tell me that my hair had been treated with the

process used by the pelt mongers (somewhat modified) to obtain and fix a curl in certain skins, and called a "secretage." The method is to moisten the hair for one-half its length with the secretage which is made as follows:—

SECRETAGE OR PERMANENT CURLING FLUID

Quicksilver	1 drachm.
Aequa fortis	2 ounces,

dissolve; dilute before using to half its volume with an equal volume of water. Care should be taken that neither the liquid nor the moistened hair, until it has been subsequently washed, touches the skin. The moistened hair is loosely adjusted into the desired curls by the aid of oiled curl papers (this was not done in my case) and permitted to dry; after five or six hours, the hair is washed and dried, and on being gently combed it will curl or wave. The hair will retain the curl or wave four or five weeks. In my own case it lasted a little over three, despite frequent washings.

The process is highly objectionable, and cannot but be injurious to the hair, although it seems at times to have no immediate harmful effect on vigorous hair. It will permanently curl. I have proved that fact.





No. 1—FIRST MOVEMENT IN SCALP MASSAGE



No. 2—MASSAGE GENTLY IN LINE OF PART



CHAPTER XII

SCALP MASSAGE

Gray hairs are death's blossoms.—*Schiller.*

WHEN the hair falls out or gets very dry and breaks; when it is excessively oily; when the roots are always damp from perspiration, there is something wrong with the circulation.

As before stated, proper scalp massage will, in many cases, bring back a normal circulation, and this means that the hair will receive nourishment and ventilation which must stimulate growth and arrest decline and decay.

In giving scalp massage, first loosen the hair and part it in the center. Place the hands in the position shown in the first picture and gently push the fingers into the scalp and forward at the same time. Repeat this operation all over the head until every portion of the scalp has been massaged.

The second movement is a rolling motion. As shown in the second picture, the operator places the tips of the fingers

on the scalp and presses gently but firmly in a rotary motion. This movement also must be repeated all over the scalp.

The third illustration shows the ripple movement. The operator's hands are first held above the subject's head. Then to make the movement the hands are brought sharply down on the scalp, the fingers closing at the instant they touch.

To relieve a nervous headache a stroking movement is employed, always from the face toward the back of the head, as indicated in the fourth picture.

Massage at the base of the brain, using the first two movements, as here described, will frequently relieve the congestive headaches from which so many persons who lead sedentary lives suffer.

In brushing the hair make always a side stroke. Do not brush the hair directly down from the roots. Brush from the front, off the brow, as in the fifth illustration. Part the hair down the center of the back and brush from the scalp toward the front.

Scalp massage bids fair to supersede the old heroic treatments for baldness or prospective baldness, and in many cases where the hair falls out because of a nervous, heated condition of the scalp, a single course of scalp massage will, without lotions or tonics, as they are called, restore the hair to health and vigor.

As in facial massage, great care should be taken in choosing your *masseuse*. An ignorant operator can do much harm, and unfortunately there are many who give what they are pleased to call a scalp massage treatment from which the unhappy victim derives no benefit, but pays a good price for a positive injury.



No. 3—THIRD MOVEMENT IN SCALP MASSAGE—RIPPLE MOVEMENT



No. 4—MASSAGE TREATMENT FOR HEADACHE



CHAPTER XIII

THE COMPLEXION

Thy complexion shifts to strange effects.—*Measure for Measure*.

 **I**XTY out of every one hundred American girls have poor skins. When I say poor skins I am trying to soften what seems to be a very harsh statement.

What I really mean to say is, that out of one hundred youthful faces taken at random from any congregation of young people, at the most generous estimate, about forty per cent. will be free from the blemishes we all know and loathe, and are content to abide by and with—pimples and other equally disgusting accompaniments of an ill-conditioned skin.

And this state of affairs exists despite the fact that twenty millions of dollars are annually expended in the United States for cosmetics, facial treatments and alleged cures for an almost national defect.

American women are, as a rule, not stupid—yet they are singularly gullible on this one point.

Every thinking person must know that a bad skin is the result of an internal disorder or external neglect. External neglect may be summed up in one word—"uncleanliness." Internal troubles, I grieve to say, may be too often fastened on the all-prevailing pie of our beloved land.

When I say pie I generalize. I mean to include all those soft, pasty, creamy, delectable stomach-destroyers which the girls of to-day are offering to their stomachs week in and week out, in place of food that will nourish and produce red corpuscles instead of white.

Frequently I go to a dairy kitchen near my office for a hurried luncheon, and I am always spellbound for the first few moments by the apparently irresistible, swift-recurring wave of pie-eating that pervades the entire establishment.

Long ago our Puritan ancestors did some of us an evil turn by way of saleratus bread and soda biscuit. Too much saleratus will upset the best little stomach in the world, and when a good little stomach is insulted day by day, it retorts by throwing out through the blood, a lot of nasty little pimples, with a sort of "Now, there!"

And our grandmothers are somewhat to blame for the unhealthy pallor they bequeathed our mothers, which was caused by the bread of the ante-yeast period.

Nowadays we can get good, wholesome bread, even the least of us—and girls, if you could but believe it, a six months' course of bread-and-milk luncheons would so im-

prove most of your skins, as to make you the wonder of all the neighborhood not in the secret.

If you were on the second floor of a dwelling house, and a large spot appeared upon the ceiling, you would go to the third floor and find out what had caused the discoloration.

If you found your little sister seated on the floor directly over the spot peacefully and contentedly pouring molasses in a steady stream out of a pretty molasses jug, would you apply a kalsomine or a wash to the spot below, or would you insist that nothing could remove the discolored spot till the small girl above gave over pouring molasses on the floor?

That is about the way it is.

Pie, Boston cream puffs, chocolate éclaires, and all the rest of them. Oh! if you but knew the havoc they make with your pretty little noses, your saucy chins, and innocent brows. It is just the case of a little girl pouring molasses on the floor above.

FOSSATI CREAM FOR PIMPLES

Lanolin	5	grammes.
Sweet almond oil	5	grammes.
Sulphur precipitate	5	grammes.
Oxide of zinc	2½	grammes.
Extract of violet	10	drops.

Apply a very little of the cream to the pimples; wait until the pimples are cured before using the face brush, which might irritate them.

Many women are troubled each Spring with an outbreak of pimples, and the skin of others turns a muddy, yellowish, and disagreeable hue.

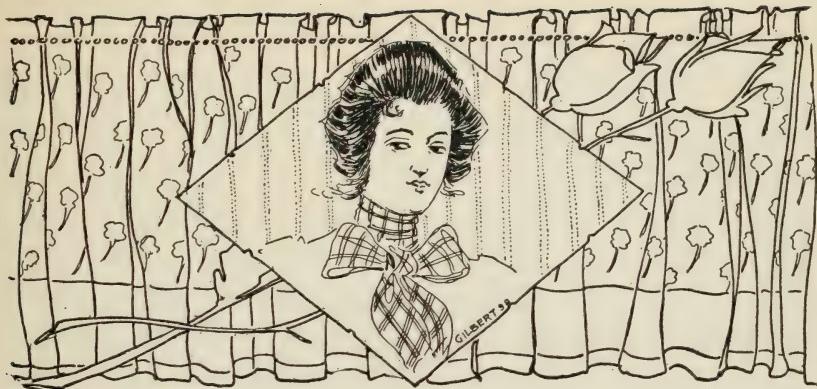
The causes for both conditions are practically the same. The subject has violated the rules of hygiene through her diet. Tea, coffee, cocoa, chocolate, sweets, pork, and buckwheat cakes are the things to leave off. A regimen consisting of fruits, green vegetables, celery, water cress, spinach, and the like, and just as much hot water as can be comfortably drank, is the cure.

Sulphur soap is used frequently with good effect in some cases. There are several good sulphur soaps procurable at any first-class drug store.

A celebrated French woman, noted for her beauty, declares that she will cure any ordinary skin eruptions known under the general term of "pimples," by vegetable diet, saline purgatives, ointment of tar, and lanolin and sulphur baths.

I indorse this regimen heartily, although I am obliged to say that very few American women, in my opinion, would follow it strictly and persistently long enough to experience its good effect.





CHAPTER XIV

THE COMPLEXION—Continued

There's too great testimony in your complexion.—*As You Like It.*

THOSE of my readers who are blessed with skins "as clear as morning roses newly washed with dew" can but faintly imagine the wretchedness of the girl or woman who, through no fault of her own, awakens every day of her life to the sickening realization that she is unsightly—often really repulsive, because of this disfiguring skin blemish called freckles. I suppose I have seen and treated as many bad cases of skin disease as any one other person in this country during the past fifteen years, and the result of my experience is that all skin troubles can be cured where there is no inherited taint, and that even in these unfortunate cases the complexion may be greatly improved. The least offensive of these pigmentary discolorations is lentigo, or freckles.

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Certainly these brown, oval-shaped spots dotted about the face and hands are not pretty, but they do not look unclean as blackheads do, nor do they reflect disease as serofulous pimples must, but they are disagreeable and unpleasant.

Freckles are divided into two classes—summer freckles, which usually fall to the lot of fair-skinned light or auburn-haired girls, and are produced almost instantly on exposure to strong light, disappearing in a little while if the subject remains indoors or in the shade. I make this statement despite the testimony of the eminent Professor of Dermatology, Doctor Hebra, of Vienna, who positively declares that neither strong sunlight or sharp winds nor the two combined will produce freckles. Vienna freckles may be able to resist a Vienna sun, but Yankee freckles, such as I have had principally to encounter, are beyond dispute brought to the surface of the skin by intense sunlight and frequently by strong biting winds. The other form of freckles is called cold or winter freckles. These never disappear, except through external agencies, and then only with the cuticle itself. For “every-day” or summer freckles, a good treatment is as follows:—

Bathe frequently with pure soap and water, use the scrubbing brush as advised in Chapter V, and rub the skin to an extent a little short of irritation. The advantage of friction is not only that it assists in cleansing the skin, but excites the cutaneous circulation. I have seen many and many a freckled face scrubbed and rubbed clear without other aids, but there are a number of simple

remedies which will hasten the cure. The most effective of these to be employed in connection with the scrubbing and dry friction are a cream or pomade to be used at night just before retiring and a wash to be applied during the day. The cream is made thus:—

FRECKLE CREAM

Elder flower ointment . . .	1 ounce.
Sulphate of zinc	20 grains.

This pomade is easily absorbed by the skin and is excellent not only for the treatment of freckles, but also for any of the lighter skin eruptions which frequently annoy girls between the ages of fourteen and eighteen. In the morning wash the ointment carefully out of the skin and apply the following lotion. Repeat the application of the lotion several times during the day.

FORMULA FOR LOTION

Infusion of roses	8 fluid ounces.
Citric acid	30 grains.

Mix; pour into a bottle, and keep closely stoppered. Should any unpleasant irritation follow apply a healing lotion—formula on page 135.

Another highly commended freckle lotion is called

FRECKLE BALM

and is made as follows:—

Pure strained honey	8 ounces.
Glycerine	2 ounces.
Alcohol	2 ounces.
Citric acid	6 drachms.
Essence of ambergris . . .	15 drops.

There is but one way to take away obstinate or cold freckles, and that is to remove the discolored skin. The

following remedy for removing freckles was published in the Medical Record some time ago. I have tried it innumerable times with entire success in every case. The advantage of this preparation is in the fact that it contains no corrosive sublimate which is the chief ingredient in all the much-exploited freckle removers, bleaches, etc., on the market.

FORMULA FOR REMOVING OBSTINATE FRECKLES

Lactic acid	4 ounces.
Glycerine	2 ounces.
Rose water	1 ounce.

This is really a "bleach" in its effect, but it is entirely harmless. You must not be surprised if it burns and causes a temporary redness of the skin. It must do this to be effective, for it is to remove the discolored skin. You can allay the burning by applying any of the creams for which formulas are given elsewhere, or prepare the following which is especially soothing.

OINTMENT TO BE USED AFTER LOTION FOR REMOVING FRECKLES

Oil of almonds	4 ounces.
White vaseline	3 ounces.
Spermaceti	1 ounce.

Melt, then add

Expressed juice of houseleeks . .	3 fluid ounces.
Tineture of benzoin	15 drops.

Stir until the mixture solidifies in cooling. Any desired perfume may be added.

Marchand's hydrozone and glycozone treatment will remove freckles and pigmentary stains in general.

Get the pure article—one bottle each of hydrozone and glycozone. The treatment is as follows:—

First.—Wash the surface well.

Second.—By means of a soft, camel's-hair brush (free from metallic parts) apply to the skin, hydrozone full strength (or diluted with water half and half). Let it dry. It causes a slight itching sensation which will soon pass away.

Third.—Rub the surface over gently with glycozone.

This treatment must be repeated morning and evening until the natural color of the skin is reached.

From that time repeat the above, at least once or twice every week, otherwise the trouble will surely return.

WIND AND SUNBURN

Spring winds and sun are disastrous to delicate skins, and the results of exposure at this trying season of the year frequently cling to fair faces throughout the entire summer.

To prevent the discoloration and roughness induced by the fiercely drying cold spring wind, it is well to wear a veil until the weather is more settled and the air grows balmy. A veil of chiffon is much more of a protection than one would perhaps think, and has the advantage of being very becoming, while it serves to cut the sharpness of the air. A chapped face produced by spring winds, so extremely uncomfortable when accompanied by a drawn sensation, as though the skin were too tightly stretched, will yield to the soothing effects of a very delightful and softening unguent called "Venus Cream," for which I give the formula:—

VENUS CREAM

Spermaceti (pure)	$\frac{1}{4}$ ounce.
White wax (pure)	$\frac{1}{4}$ ounce.
Almond oil	$\frac{1}{4}$ pound.
Butter of cocoa	$\frac{1}{4}$ pound.
Lanolin	2 ounces.

Melt and stir in one drachm of balsam of Peru. After settling, pour off the clear portion and add two fluid drachms of orange flower water, and stir briskly until it concretes.

After exposure to the sun and wind, wipe the face off carefully with Venus Cream, using a bit of old linen or flannel for the operation, which may be repeated, if necessary, two or three times daily.

An hour or so after the application of the Venus Cream, it is well to bathe the face in tepid water. Use a very little soap, if necessary. Where the skin is inclined to become dry and scaly from exposure, the following may be used with excellent results:—

Iodide of potassium	1 to 2 drachms.
Distilled water	1 pint.

Dissolve. Add one ounce pure glycerine.

Frequently the windburn or sunburn will darken the face and throat in patches.

Calisthenic exercises persisted in daily until a free and natural perspiration is produced, followed by warm ablutions, and the application of this healing lotion, are of inestimable advantage in such cases, and all the treatment usually required to keep the skin clear and smooth,

FORMULA FOR HEALING LOTION

Boracic acid	1 drachm.
Distilled witch hazel	2 ounces.
Rose water	2 ounces.

FOR WIND AND SUNBURN

For many skins the following lotion is almost a specific for wind and sunburn:—

The strained juice of ripe cucumbers	$\frac{1}{2}$ cup.
Elder flower water	$\frac{1}{2}$ cup.
Rose water.	1 cup.
Pure alcohol	1 drachm.
Boracic acid, in powder	$\frac{1}{2}$ teaspoon.
Tincture of benzoin	30 drops.

Apply with a velvet sponge or soft cloth whenever required.

FOR TAN AND SUNBURN

An excellent preparation to remove tan and sunburn may be made as follows:—

Borax	10 grains.
Lime water	2 ounces.
Oil of sweet almonds	2 ounces.

If the face become sore and show a tendency to peel off after using the above lotion, apply every morning after washing the following:—

Chloride of ammonia	2 drachms.
Spirits of wine	2 ounces.
Attar of roses (can be omitted) .	10 drops.
Rose water	1 pint.
Venetian talc (fine powder) . . .	1 ounce.

MOTH PATCHES

For moth patches and liver spots, the following will be found very beneficial:—

Kaolin	4 grammes.
Lanolin	10 grammes.
Glycerine	4 grammes.
Carbonate of magnesia . . .	2 grammes.
Oxide of zinc	2 grammes.

This should be applied to the spots at night before retiring and should remain on until the next morning. Remove by the aid of tepid water and a little pure hygienic soap. Repeat the application as often as necessary.

FORMULA FOR FACE BLEACH KNOWN TO COMMERCE

Bichloride of mercury in coarse powder . . .	10 grains.
Distilled water	1 pint.

Agitate the two together until a complete solution is obtained. Then add one-half ounce of glycerine. Apply with a small sponge as often as agreeable. This is not strong enough to blister and skin the face in average cases. It may be increased or reduced in strength by adding to or taking from the amount of bichloride of mercury.

Do not forget that bichloride of mercury is a powerful poison and should be kept out of the reach of children and ignorant persons.

FOR YELLOW SPOTS ON THE SKIN

Oleate of copper	15 grains.
Ointment of oxide of zinc . . .	$\frac{1}{2}$ ounce.

Rub into the spots morning and night.



CHAPTER XV

THE COMPLEXION—Continued

Out damned spot! out, I say!—*Macbeth.*

BLACKHEADS are a form of acne indicated by little black specks on the skin, chiefly about the nose, forehead, and chin. Each speck marks an obstructed outlet of the sebaceous glands, and if pressure is made on either side, something having the appearance of a small white worm may be pressed out. Upon careful examination this so-called worm proves to be a mass of hardened sebaceous matter, which has assumed this shape by being pressed through the small outlet of the follicle. The black speck, giving to this little cylinder of fat the appearance of a head, is, shocking as it is, simply an accumulation of dirt. The technical term for one of these little masses is comedo. When examined under a microscope, they are frequently found to contain a whole

family of parasites—male, female, and their numerous progeny.

Obviously there is but one way of getting rid of blackheads, and that is by forcing them out of the clogged pore. They cannot be drawn back whence they came, and in pressing them out before the skin is properly softened and prepared for their ejection, the patient must be very careful not to rupture the delicate tissue, causing either an ugly little scar or, more likely, an enlargement of the opening which immediately fills up again, each time increasing in size and becoming more malignant in appearance.

Blackheads may not only be removed without leaving any scar, but once rid of them the patient need never again be troubled with them, if the advice here given be carefully followed.

For two or three weeks, until the skin is thoroughly softened, apply one of the creams or skin foods, formulas for which may be found in these pages. Make this application at night, after washing the face well with a pure hygienic soap and hot water. Be sure to rinse the soap well out of the face and dry the skin thoroughly before applying the cream or skin food.

At the end of two or three weeks of this treatment, the blackhead may be forced out by pressure of the two thumbs. If a moderate pressure will not eject it, make no more heroic attempt, but try the green-soap treatment, which rarely, if ever, fails.

Green soap may be purchased at any drug store, and, by the by, is not green. It is about the consistency of a custard.

Before using the green soap, bathe the face in warm water as hot as can be pleasantly borne. Then wring out cloths in hot water and lay over the face, renewing them frequently. Continue this operation for fifteen or twenty minutes. Anoint the face with the green soap. Rub it well into the pores for five or six minutes. Rinse the soap from the face with hot water, using the camel's-hair face-scrubbing brush so as to remove all the soap and as many of the blackheads as will come. Dry the face and anoint it with a skin food or cream. Continue this treatment every night until the blackheads have disappeared.

TREATMENT FOR OBSTINATE BLACKHEADS

Occasionally very obdurate blackheads will require pressure, but usually the green soap will remove them without more heroic treatment.

Where the blackheads appear on the back, and also upon the breasts, the same treatment is required. Soap and water and friction, combined with an emollient, mean death to blackheads. Apart also from the mere cleanliness derived from the friction of the brush, it has the most important effect of so stimulating the circulation that the obstructed glands are opened, their stagnating contents broken up, dissolved, and carried off.

NEW REMEDY FOR BLACKHEADS

Doctor Hebra, of Vienna, a world-renowned dermatologist, advises the following for curing blackheads:—

Bathe the face at night with the following lotion: Rose water, pure alcohol and glycerine, 10 grains each; pulverized borax, 5 grains.

After five minutes, apply this mixture: Pure alcohol, 80 grains; green soap, 40 grains. Wash off in the morning.

Acne appears under various forms and names. In confluent acne, the pimples appear in groups, suppurating and running together. A course of sulphur baths is recommended. Friction and frequent bathing are advised, and as soon as possible the camel's-hair face brush.

In acne indurata, the pimples appear to be under the skin. The same treatment should be followed.

The use of a camel's-hair face-scrubbing brush cannot be too strongly recommended.

It removes from the face the dust and foreign matter that has collected there during the day, and it penetrates and dislodges from the pores of the skin any secretions that may have become clogged there.

I do not believe any one can keep the face clean, except by the aid of a brush.

A pure soap will not hurt the most delicate skin. On the contrary, it is a necessary detergent, and the women who have the most beautiful complexions in the world—notably English women—are those who have scrubbed their faces with soap and water from childhood.

Its use should not be restricted to women. As a matter of fact, the male epidermis differs in no respect from the female, except possibly that it is tougher. Both are equally benefited by the use of the face-scrubbing brush. Your stalwart six-footer may not long for the pink and white cheeks of the dainty sixteen year-old girl, yet he will surely appreciate the exquisite feeling of cleanliness and freshness which follows the scrubbing process. I have

also been informed that the use of the brush is an excellent means of softening the beard before shaving.

Acne molluscum usually appears on the forehead and about the nose. It has the aspect of tiny seed pearls imbedded in the skin, and is due to the obstruction of the sebaceous glands, which, unable to rid themselves of their contents, become distended, and hardened.

TREATMENT FOR ACNE MOLLUSCUM

Open each seed acne with the point of a fine cambric needle. The hardened mass must be pressed or pricked out. The empty sack of the gland should then be bathed with a little toilet vinegar and water, or with a very weak solution of carbolic acid and water.





CHAPTER XVI

THE COMPLEXION—Continued

Men judge by the complexion.—*Richard II.*

PIMPLES and eczema are the most repulsive of skin ailments. An eruption of any kind on the face is fatal to beauty.

Beauty usually first inspires love, but it is certain that cleanliness is a great factor in its preservation, and also, I am bound to say once more, no woman suffering from any one of the common forms of skin disease ever looks really clean.

For years it has been my habit to take a mental note of the skin diseases and blemishes of women and girls, and I have found that about only thirty in a hundred have really healthy, firm-looking skins, frequently with freckles, which are not unclean looking. The other seventy are pimply and unsightly from eczema, acne, or blackheads, or both.

At the risk of being tiresome and regarded by my readers as a persistent crank, I am bound to say that I do honestly believe uncleanness is the chief cause of the unsightly faces in every assemblage, on the streets and at home, in town and country. Perhaps I should qualify this statement by saying that a mistaken idea of cleanliness prevails, and that a mere bath every day is not sufficient to entitle one to be called absolutely clean.

The skin is constantly undergoing the process of reproduction and decay,—constantly secreting and endeavoring to throw off the decayed and useless matter. The skin of the face throws off its dead and useless scurf in tiny, dust-like particles. If these little specks of dead cuticle are removed daily by friction and a detergent, the channels are kept open and disease cannot, unless inherited or contagious, attack the face. Unfortunately, our American climate, with its sudden changes, too frequently checks the flow of perspiration which, unrestrained, would of itself carry off the dead matter. The consequence of the arrested effort to free the pores is congestion, and the result is a skin obstructed and positively loaded with adhering refuse matter, which is not only filthy, but actually poisonous in its effects when forced back into the blood.

I wish that I could personally see every woman who reads this book, and tell her by word of mouth of the quantities of filth which will accumulate in the pores of the skin of the face in a month's time; of the hideous cases of skin diseases which have been the despair of women and girls, and which have, in the course of a few months of proper cleansing and friction, yielded and given

way to beautiful, satiny complexions, free from every blemish.

I have not much confidence in my own powers of eloquence, but it seems to me I could not fail, in relating the actual histories taken from my own daily observation, to impress my convictions, which are really the result of years of experience, that uncleanness and a misunderstanding of what that word means, are the chief causes of our disfigured skins. Physical cleanliness must be so active that all corporeal impurities are thrown off through its agencies, cutaneous eruptions removed, and the entire surface of the body made as pure and smooth and bright as in infancy. No simple washing or bathing will do this, though such ablutions be performed six times a day. There is no purification of the skin and no cure for diseases resulting from obstructed pores, in my opinion, except through water and soap and friction.

I cite an actual instance which lately came under my observation.

A young Swedish girl, a housemaid in a hotel where I was living, was a repulsive object from a skin disease which appeared at first glance to be erysipelas. Her face was covered with groups of white-headed pimples in various stages of suppuration; her cheeks, nose, and chin were the color of a bright red cranberry; and the entire skin appeared stretched and shiny, as it will on a boil when gathering. The girl was an excellent servant, but several of the guests complained to the housekeeper that she was positively offensive to them, and she was about to be discharged when I spoke gently to her of her complexion,

and she told me, with a burst of tears, how she had suffered for years from the hideous disease. She said she had tried many advertised remedies, but had given up in despair as they had made her face worse than ever. I prescribed a course of treatment for her, which included washing her face daily several times with soda and water and a very pure, healing soap. In a month she was able to use a camel's-hair face brush with soap. The treatment was practically the one I have already recommended, consisting of a healing cream used at night, and a cooling lotion during the day, and now eight months from the time I first undertook the cure of "Helma B," her face is as smooth and fair as a child's—every pimple and spot has disappeared, and she herself in referring to it says: "For sure, now when I look in the glass I all the time smile, and for sure one year ago when I look in the glass I all the time cry."

Helma's case was an unusually bad and disgusting one, but it was simply a neglected case of acne. A great many people do not discriminate between acne and eczema.

Eczema, in its simplest form, is a disease characterized by the eruption of a great number of small blister-headed-looking little pimples clustered together in patches, usually confined to one part of the body at a time. The pimples are accompanied by intense itching, and the result of scratching is to tear the thin, inflamed cuticle and to so irritate it that it suppurates and dries, leaving, after the crust has fallen, a little red mark upon the skin which is either dry, or, in some cases, wet, with a thin, milky-looking discharge which exudes from a tiny opening in the center

of the pimple. This discharge often ceases in a few days, but is frequently followed by a fresh crop of pimples and again by another, so that the disease frequently runs on for months,—one patch healing as another reappears. Chronic or acute eczema is simple eczema in its most aggravated form, and if not checked results in hideous running sores and abscesses and excessive suffering. The causes of eczema are frequently very obscure. It is often inherited, and when this is the case, it is seldom possible to do more than palliate it or hold it in check. It frequently attacks the face, but usually first appears on the hands, the itching being so severe at times as to throw the patient almost into convulsions. Children suffer frequently from eczema of the face, and the subjects to this malady of all ages are apt to be attacked with it in the eyelids or the ears.

I knew a very beautiful and high-bred woman, now peacefully resting in the tomb of her Knickerbocker ancestors, who was obliged to dress her hair so that her ears were covered, because they were absolutely offensive from inherited eczema. I have often thought of her since I have learned to know that all forms of skin diseases, if not actually curable, may be greatly ameliorated, and of the agony she suffered in the knowledge that she was, to use her own words to me, "a living ulcer with a long line of intermarried dead ulcers back of her."

Hideous, indeed, is the legacy of scrofula and inexorable the laws of transmission, but even inherited skin diseases may be greatly palliated and the external signs kept in subjection.

Eczema sometimes appears in girls between the ages of fourteen and sixteen,—and is most annoying to sensitive children. It can, unless inherited, always be controlled by attention to the general principles of health —cleanliness, exercise, proper diet, clothing, and ventilation. Eczema patients, old and young, should never use stimulants in any form; they should take daily baths and be most particular as to the regularity of all the important bodily functions. Occasionally doses of mild saline aperients such as cream of tartar, sulphate of soda, or the old-fashioned remedy of lac sulphur and cream of tartar mixed in equal quantities with enough molasses to form a creamy paste and taken three times a day for three days running, then omitted for three, then resumed for three, will be found of wonderful benefit. Let the patient drink freely of lemonade and avoid salt meats, pork in any form, and live upon a diet of fruits, red meats, and antiscorbutic vegetables. Many people are particularly susceptible to shellfish, and I have seen a case of eczema follow in several instances the eating of lobster. Strawberries will frequently produce this effect. Of course when there is an idiosyncrasy of this kind, the cause should be avoided. Vigorous exercise will often, by inducing excessive perspiration, act as a curative for eczema, particularly when combined with the application of a harmless external application.

Take great care in selecting the cream or emollient. I have seen most disastrous results from the reckless use of much-vaunted articles.

The following lotion is highly recommended by Doctor Cazenave:—

Orange-flower water	300 grammes.
Nitric acid	20 drops.
Hydrochloric acid	20 drops.

Doctor Monin recommends this lotion for eczema of the face, and suggests about the same diet I have advised, with the aid of sulphur or soda baths. Just as soon as it is possible to bear the camel's-hair brush on the face, it should be used.

POMADE FOR ECZEMA

Salicylic acid	1 gramme.
Oxide of zinc (powdered)	{ O—24.
Powdered starch	
Lanolin	30 grammes.
Vaseline	10 grammes.

Bichloride of mercury, which is corrosive sublimate, is an active poison, quite proper to be used as here given and in the quantity ordered.

LOTION FOR ECZEMA, PIMPLES AND ERUPTIONS OF THE SKIN GENERALLY—(Cooley)

Corrosive sublimate (in coarse powder) .	10 grains.
Distilled water	1 pint.

Agitate them together until solution be complete. The addition of five or six grains of hydrochlorate ammonia (pure sal ammoniac) or five or six drops (not more) of hydrochloric acid, increases the solvent action of the water, and renders the preparation less liable to suffer change, but is not otherwise advantageous. When absolutely pure distilled water is not used, this addition of acid should be made to prevent decomposition. To facilitate the process, some persons dissolve the sublimate in two or three fluid drachms of rectified spirit before adding the water; but this, though convenient, is also unnecessary.

FOR A BAD SKIN

Zinc ointment, 2 ounces; alcohol, $1\frac{1}{2}$ drachms; resorcin, 1 scruple. Rub this into the skin every night. If the face is very much irritated, use this lotion during the day: Oxide of zinc, 2 drachms; glycerine, 4 drachms; rose water, 2 ounces. Apply once or twice, or even three times daily, if required. It is very soothing.

BROCO FORMULA FOR ECZEMA

This preparation I have used with the greatest success in severe cases of facial eczema:—

Salicylic acid, from 50 centigrammes to 2 grammes, according to the severity of the case.

Oxide of zinc and pulverized cornstarch, 34 grammes each.

Lanolin 40 grammes.

Vaseline 10 grammes.

Mix with care in the mortar, until a smooth paste is formed. Apply at night and wash off in the morning.

LOTION FOR ECZEMA OF THE EYELIDS

Red laurel water. 20 grammes.

Glycerine. 5 grammes.

Acetic acid in crystals. . . . 20 centigrammes.

Apply to the eyelids daily; make the application with a small camel's-hair brush.

FOR CHRONIC ECZEMA

Doctor Schmitz, a German skin specialist, tells of very successful use of the following mixture for chronic eczema:—

Pure glycerine 120 grammes.

Resorcin 15 grammes.

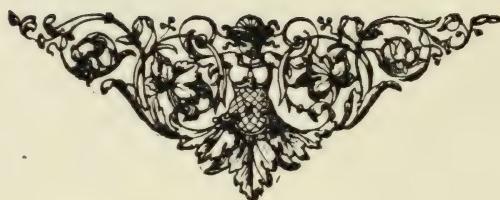
Apply night and morning by the aid of a feather,

CAMPHORATED SOAP FOR ECZEMA

Where the subject is very nervous, and is afflicted also with rheumatism, bathing with the soap for which I give formula will often relieve the eczema, which sometimes accompanies this malady:—

Paste of bitter almonds. . . .	60 grammes.
Saturated tincture of benzoin. .	40 grammes.
Pulverized gum camphor. . . .	8 grammes.
White castile soap.	500 grammes.

Melt the soap and add the other ingredients. Beat thoroughly and pour into soap molds.





CHAPTER XVII

THE COMPLEXION—Continued

Bid them wash their faces.—*Coriolanus.*

THE general public will perhaps be astonished to learn that, according to many renowned dermatologists, it is the exceptional woman who knows, until she has been taught, how to wash her face, and that most of the ordinary skin ailments are the results of an ignorance of the skin structure of the face and of a most restricted idea as to what real physical purity of the skin means.

Some years ago, I organized a class for the purpose of teaching a group of fashionable women how to wash their faces. Of course they were, as every member of the *beau sexe* is, intensely interested in such vital matters as the beauty of their complexions, and how to properly and hygienically care for their charming countenances.

I quote from an article which appeared in a New York paper after the first lesson had been given.

"Standing beside a large dressing table supplied with ewer, basin, hot-water kettle, and upon one corner of which were heaped Turkish mittens, face scrubbing brushes, and a pyramid of delicately scented soaps, the leader of this new cult said: 'I take it for granted that no woman present is positively satisfied with the condition of her skin or she would not be here, and I ask every one's pardon when I say that as a nation, we do not have beautiful complexions mainly because we have never learned the scientific way of keeping the pores of the skin covering our faces free, and that if we do not aid the channels with which Nature has supplied us to throw off the accumulations of effete and useless matter, by friction and a detergent, they become choked, these thousands of wonderful ducts intended as respiratory or breathing organs of the marvelous skin structure, and as a result each little useful pore is clogged with the sebaceous matter which it should and would throw off, mingled with the oils and salts of perspiration. The functions of the skin are partially suspended and the result, as in all cases of congestion, is disease.'

"'I am going now,' said the instructor, 'to show you the way the average gentlewoman washes her face, just as I washed mine up to a few years ago; and I doubt not just as you washed yours this morning,' and with a smile, the bodice of the tailor-made gown, the linen chemisette, and cuffs were unfastened, and laid aside, and the professor of face scrubbing stood revealed in the dainty but simple

tingerie of the fastidious and patrician woman who is *femme de race*, as the French say, to her finger tips.

"A little burst of laughter and applause greeted the change of costume, and a shout of merriment proceeded from the class as the face washer poured about a quart of water into a bowl, added a few drops of perfume, and then, taking a bit of soft old linen about the size of a small handkerchief, wet it coquettishly in the liquid, and with lightest touch proceeded to dabble her face most gingerly, and immediately after to as carefully dry it as though it were a Dresden figure with lace ruffles.

"'Now,' she said when she had finished, 'is this not a fair example of the way we wash our faces?' and the women laughed aloud and cried: 'Yes, indeed, that's taken from life.' 'You are quite right,' etc., for they saw those brushes and knew in a measure what was coming, and how utterly absurd the little rag looked as an argument for cleanliness, against the heap of searching bristles.

"'When,' said Mrs. Ayer, 'you can keep your hands, or your arms, or the bit of lace at your throats, clean,—sweetly, scrupulously clean, by a rag and a little tepid water, the same method will answer for your faces. Now I am going to show you how to really free the face from all superficial impurities, from the dust of this morning, the superfluous and frequently abnormal flow of oil from the glands, and the dead particles of the scurf skin which is always changing, always renewing itself, and can only be gotten quite rid of by friction. And also, I may add, by this very stimulant—the result of the friction—the

clogged pores throw off the hardened secretions and the skin responds as the breathing cells of the leaves of a plant to the assistance we shall give it.' Mrs. Ayer now poured from the ewer of hot water as much as a large washbowl would hold, and, pinning back her loose locks of hair from brow and neck, she took a face scrubbing brush, dipped it into the hot water, rubbed it vigorously with a cake of soap, and, bending over the bowl, she scrubbed her face and throat with amazing vigor.

"For goodness sake," cried one young Knickerbocker matron, "she'll take every bit of skin off." "I'd just as soon attack my classic features with a nutmeg grater," said a second. "No human woman can stand such a barbaric process," cried a lady of sixty; but the teacher of face washing only smiled, emptied the basin, filled it with fresh hot water, and, dipping a soft Turkish mitten into it, proceeded to carefully wash again, saying as she did so, "I am now rinsing the soap out, for it is just as harmful to clog the skin with soap as with any other foreign matter."

"Once more the water was emptied, this time the basin was filled with cooler water; a fresh mitten, another rinsing, then the drying process with a linen towel, and afterwards with a roguish look, the instructor said:—

"If there be any one present who feels that I have not exhibited the courage of my convictions, she has the floor," but only laughter greeted her remark. Then she rearranged her hair and dress, and, throwing wide the shutter so that the bright April sun flooded the room, she asked the pupils to come to the light and see how

free from irritation her skin was. The class in a body hastened to accept the invitation. They critically examined the face of the leader of the new school of philosophy, and were satisfied. Seeing was believing, and the subscribers to the face-washing class meekly accepted a brush, cake of soap, and a Turkish mitten, and departed to return the following week to report their experiences, and to learn how to use the electric battery, and to obtain a few points in crow's-feet."

FACE STEAMING

Women accustomed to a daily scrub, which includes the face, rarely are benefited by the steaming process. The fad, like many another, is a passing one, but it is worthy of a word of caution.

Face steaming is supposed to open the pores of the skin, and during the operation, we are assured, that all foreign matter, dust, and clogged secretions, are expelled.

A spasmodic cleansing of the face which requires daily friction to remove all extraneous substances from it, is, first of all, illogical; and I have found that face steaming frequently leaves the cuticle dry and parched even when the operation is performed under the most favorable circumstances, which, of course, is in one's own home, where the patient may remain some hours at least before exposure to the outer atmosphere.

An occasional face steaming in one's own dressing room will do no harm, but it is trifling with a very precious possession to subject the face to the heat of the steamer,

and, within an hour or so, to a chilling wind or a frosty, penetrating cold.

The Austrian women are noted for their fine complexions. They use quantities of hot water on their faces, not only in bathing, but they dip cloths in hot water and apply them. My experience leads me to believe the cloths more efficacious than the steamer; they have also the additional advantage of not being painful to the eyes as the steam is.

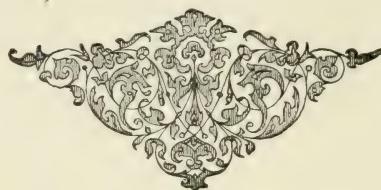
To those women who persist in steaming, I suggest that no apparatus is required. A chafing dish or even a teakettle, with a funnel placed in the spout, will do. The water must boil and the subject cover her head and focus the steam wherever she desires.

The following lotion is very agreeable to use after face steaming, particularly if the skin seem tender and appear very red:—

LOTION (Pol Vernon)

Rose water	900 grammes.
Tincture myrrh	10 grammes.
Tincture opopanax	10 grammes.
Tincture benzoin	10 grammes.
Essence of citron	4 grammes.

Tincture of quillaia, sufficient quantity to make an emulsion.





CHAPTER XVIII

THE COMPLEXION — Continued

Let it stamp wrinkles in her brow of youth. — *King Lear*.

TECHNICALLY, a wrinkle is a looseness of the skin, caused by the failure or attenuation of the under structure. This definition, however, applies only to such of the lines in the human face as are formed in extreme age by the degeneration of the muscle as well as by impairment of the fatty tissue. It is a mistake to suppose that all wrinkles indicate old or advanced age. It is a fallacy to suggest that wrinkles and lines are not indications of temperament and character. We are each one accountable for the lines and crow's-feet on our faces, for they are the most faithful and unerring record of our past.

The muscular contractions of the brow or cheek cause the lines, and it is fortunate that there are among them those that indicate good and beautiful attributes.

When you see a man or a woman with a wrinkled face, you may be very sure that every line is a telltale. The lines that indicate a sense of humor are easily enough recognized, even in early youth. They are never unpleasant. They are not the lines of a silly simpering girl, who, unless she mends her ways and ceases to giggle, will develop into a woman who is accompanied through life by an idiotic grin.

It is absolutely impossible for a woman of charity, benevolence, and humanity to look like an avaricious or spiteful woman. When you see a woman with a spiteful face, you may be certain her countenance but reflects her character.

The lines that indicate a love of gossip are very readily recognized. There is a certain droop to the mouth which a woman's face will always take on just after she has asked if you have heard the latest about Mrs. So and So.

It does not need any explanation from me to describe the lines that tell the story of an irritable, fretful nature. They are always drooping, just as mirthful, happy lines are upward curves.

The lines in the face that indicate revenge are also always drooping and malicious looking. In such cases, there is usually a line from the nose to the lower corner of the mouth, and several fine oblique lines upon the broad part of the nose.

A cynical face is marked by an upward sneering line at the mouth corners, and usually by the network of small lines which indicate a general contempt for persons and things.

III



VI



II



V



I



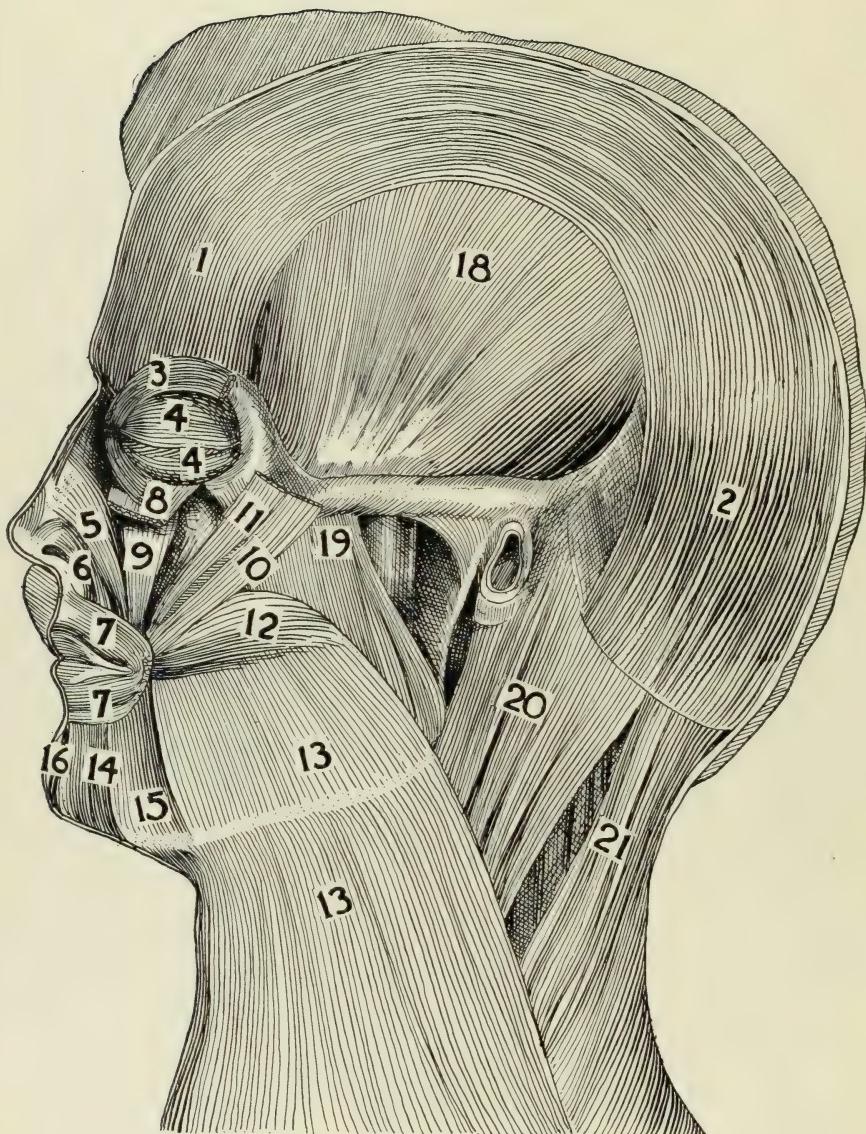
IV



I: PETULANT LINES II: THE GOSPIP

III: CONSCIENTIOUS WRINKLES IV: THE CYNIC
V: LINES AND WRINKLES

VI: REVENGEFUL LINES



ANATOMICAL CHART SHOWING FACIAL MUSCLES

- | | | |
|----------------------------------------------------|---------------------------------------------|---------------------------------|
| 1. Frontalis muscle. | 8. Levator Labii Superioris muscle. | 14. Depressor Labii Inferioris. |
| 2. Occipitalis muscle. | 9. Levator Anguli Oris muscle. | 15. Depressor Anguli Oris. |
| 3. Orbicularis Palpebrarum muscle. | 10. Zygomaticus Major. } | 16. Levator Menti. |
| 4. Orbital portion of the Orbicularis Palpebrarum. | 11. Zygomaticus Minor. } Mahler muscles. | 18. Temporal muscle. |
| 5. Compressor Naris muscle. | 12. Platysma Myoides. } | 19. Masseter muscle. |
| 6. Depressor Ala Nasi muscle. | 13. Descending portion of Platysma Myoides. | 20. Sterno-mastoid muscle. |
| 7. Orbicularis Oris muscle. | | 21. Trapezius muscle. |

The talker's wrinkles commence in and near the lower cheek, and run down under the chin from side to side.

The straight up and down lines furrowed in the brow denote sternness and sharpness.

Horizontal lines across the forehead are an indication of a conscientious struggle to do right.

Diagonal lines, crisscrossed in the middle of the brow, mean small frets and worries.

After sixty, one should expect wrinkles. Up to that time they may properly be considered premature. I do not hesitate, to say, however, that the treatment necessary for their obliteration is largely a moral one. For example, I do not believe it possible by any external agency to eradicate malicious wrinkles until after the subject has reformed her ways, nor do I think revengeful lines will yield to massage.

In other words, it comes to this—that an ill-tempered woman cannot have the lines provoked by her lack of amiability taken away until she ceases to exercise the muscles that reflect her thoughts and have caused these lines.

A good woman cannot possibly look like a bad one, and a bad one, over thirty-five years of age, in my opinion has never looked like a saint.

The general treatment for wrinkles which have been induced by illness and care or anxiety, is great cleanliness, nutritious food, out-of-door exercise, and the internal cultivation of an equable temper and a happy spirit.

Whatever tends to promote the general health and to increase the deposit of fat in the skin tissues of the face,

tends to obliterate lines and wrinkles, and to restore the firmness and beauty of the skin. Attention to the diet is of the utmost importance, and massage is of great benefit.

Properly administered, there is no agent so successful in obliterating lines and wrinkles, as massage. There have been a number of mechanical appliances invented and manufactured to take the place of manual massage. I advise the manual treatment whenever it is possible to secure it.

Electricity is a great skin stimulant and therefore an important adjunct to massage.

Where the skin is dry and wrinkled as well, it requires a tissue builder. For this purpose the skin food is better than any other emollient I know of. The skin food should be applied during the massage. Formula as follows:—

White wax	1 ounce.
Spermaceti	1 ounce.
Lanolin	2 ounces.
Sweet almond oil	4 ounces.
Cocoanut oil	2 ounces.
Benzoin (tincture) . . .	3 drops.
Orange flower water . .	2 ounces.

Melt the first five ingredients together, take off the fire, and beat until nearly cold, adding, little by little, the benzoin, and lastly the orange flower water.

A NEW CURE FOR WRINKLES

A so-called new method for obliterating wrinkles and furrows, which as usual turns out to be a revival and modification of an old one, is termed the bandeaux system.

As the name implies, the treatment is performed by the aid of bandages.

According to a famous French authority the marks of age noticeable in the shrinking of the fatty tissues under the chin and that are such a source of misery to each woman, as well as the creases in the brow and the droop of the mouth, may be indefinitely warded off if the subject will each night wear during her sleeping hours a set of bands especially devised for obliterating the ravages of time from the forehead and throat.

These bands resemble very much those that form the under part of the headdress of the Sisters of Mercy or Charity.

In Paris, where the new system is flourishing, they may be bought readily, and I have seen several sets that have been imported to this country, although I do not think they are yet for sale in America.

They are made of firm white linen and are about three and a half inches broad after they are folded several times and ready for adjusting.

A set of beauty bands consists of three strips each for chin and brow.

Before binding the face it must be thoroughly washed and anointed with an ointment called Pommade Grecque, which is made as follows:—

POMMADE GRECQUE

Lanolin	2 ounces.
White vaseline	2 ounces.
Good cold cream	1 ounce. Mix.

It is important that the skin under the bands be smoothed out by the hand before applying the bandage. If the linen be stretched over a fold or wrinkle, it will naturally do great damage, as it will make the wrinkle more deeply seated and much more difficult to eradicate.

In the morning the bandages are taken off and the neck and face are first washed with a pure soap and warm water.

Then use this lotion, which is made as follows:—

AURORA LOTION

Rose water	125 grammes.
Glycerine	50 grammes.
Alcohol	50 grammes.
Tincture of benzoin	50 grammes.
Boric acid	25 grammes.

Dissolve the boric acid first in the alcohol, add the glycerine, then the rose water, and last of all the tincture of benzoin.

WARTS AND MOLES

These blemishes are sometimes merely pigmentary, sometimes both pigmentary and hairy. They may be elevated above the skin, or level with it. Usually they are congenital, and are then known as *nævi* or birthmarks, but, in some circumstances, they develop in childhood or even later. The coloring matter which constitutes them is deposited in the deeper portion of the subcuticle, so that a scar usually results if they are removed either by the knife or by the actual cautery—hot iron. Ligature by means of a silk or silver thread tightly wound round the root of the excrescence is a method applicable to large pendent warts, which, thus treated,

shriveled and drop off, when the base can be cauterized with a nitrate of silver stick. Common warts without a pedicle, may be removed by repeated applications of strong acetic acid, nitric acid, caustic potash, lunar caustic in pencil, tincture of chloride of iron and hydrochloric acid. In applying any of these remedies, care must be taken not to touch with them the surrounding skin, else a stain or scar may result. It is best to isolate the wart or mole before putting on the caustic, by spreading a thin layer of soft wax or spermaceti over the adjacent surface. All the agents enumerated are liable, it must be borne in mind, to leave permanent marks behind them, and, in case of moles on the face, these marks may after all prove to be more disfiguring than the original blemish.

Children and young people who suffer from abnormally moist hands sometimes have multiple warts of various sizes on the fingers or hands. In the treatment of these the internal administration of arsenic and other medicines is often advisable, combined with the local application of a paste made of precipitated sulphur, glacial acetic acid, and glycerine in equal parts. This paste must be freshly made at the time of using, and spread over the warts. But the best of all treatment of moles, warts, and other pigmentary or excrescent blemishes is electrolysis. The mode of operation is the same as that just described in the case of superfluous hairs, only that when applied to solid growths of skin more than one sitting is invariably necessary, and the duration of the galvanic action should be continued as long at a time as it is found bearable.

BIRTHMARKS

"Port wine" marks, which usually are amenable to no other treatment, may be removed in a similar manner, so also may *nävi* of other kinds, liver stains, obstinate freckles, and even local skin disease, when independent of general ill health. Affections of the cuticle characterized by thickening or infiltration are those which best lend themselves to the influence of the galvanic current. The powerful modification thus produced on the circulation, absorption, and nutrition of the tissue may even, Dr. de Watteville thinks ("Practical Introduction to Medical Electricity"), be brought to bear successfully on such forms of dermal affection as acne, eczema, neurotic baldness, chilblains, and herpes.

Electrolysis is especially valuable as a cure for cutaneous vascular formations, whether congenital or acquired. This kind of skin complaint is not uncommon, often appearing in mature life and in connection with acne or some other generalized affection of the kind. It consists of patches of dilated blood vessels situated in the subcutaneous tissues, irregular in shape, and varying in color from dark purple to bright pink. These patches may appear singly or in numbers on any part of the face or person, but they are most commonly seen on the nose or cheek. Their aspect is that of a fine network of distended veins, tortuous and serpentine in appearance, and more or less distinctly outlined. The affected part often burns and assumes a shiny look. Vascular marks of this character, whether recent or congenital, can be entirely

eradicated by the galvanic battery, after all other known methods have been vainly tried. Moreover, the use of caustics, blisters, heated irons, and knives often causes suppuration, is always more or less painful, sometimes, indeed, violently so, and is liable, after cicatrization, to leave disfiguring scars. The pain caused by electrolysis is, as already stated, slight, and with some patients amounts merely to a disagreeable sensation; in every case it ceases immediately after the removal of the needle, and scarcely ever scars. Sometimes the cuticle which has been the seat of the *nævus* or of the mole assumes a thick, white, coagulate appearance, but this is not conspicuous, and is wholly unattended by contraction of the skin. The eradication of small and superficial formations, whether protuberances or vascular patches, by electrolysis, is never followed by permanent marks when the operation is ably performed. Considering, therefore, the manifest advantage of this method of cure, its rapidity, simplicity, safety, efficacy, and superior results, as well as the absence of all hemorrhage, and the insignificance of the pain caused by it, I think it the one to be advised.

SCARS

A scar left by a wound or ulcer is generally more or less permanent, but usually it becomes much slighter by age, and in case of a young person by increased development of the surfacial muscles and perhaps even more by the deposit of fat in the cellular tissue. Massage is very efficacious if properly performed and I have certainly seen

some scars removed by massage and the application of almond oil very slightly ioduretted.

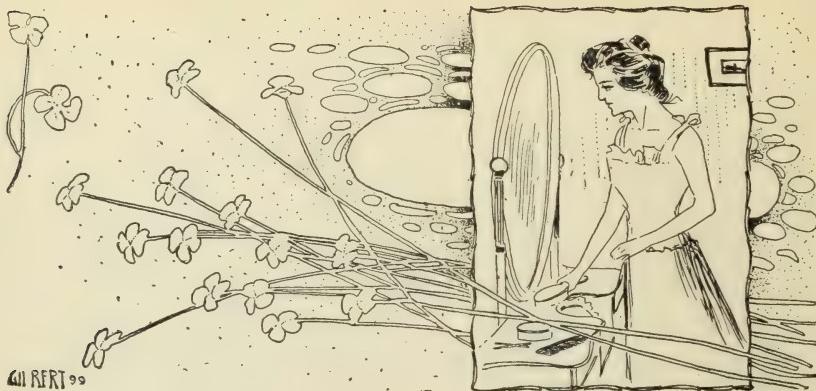
Glycerinated lotions of bichloride of mercury are sometimes advantageously substituted for the oil. If the scar is not a very deep one it may almost be banished by gentle daily friction, no attempt should be made to treat the scar until the tone of the part is thoroughly re-established, and friction should always be preceded by warm ablutions with bland soap and soft water.

The removal of smallpox marks, particularly of old ones, is disputed as a possibility by some authorities. Personally I have not yet seen pox marks absolutely removed; I have seen them greatly lightened. In the ordinary cases the continued use of a tepid, glycerinated, ioduretted lotion twice a day, or daily, gentle friction with warm oils, slightly ioduretted, will produce a manifest improvement and ultimately will at least in part remove them. The more active treatment should be pursued with great caution, and no one should attempt self-treatment.

This treatment consists of painting the surface of the skin by means of a soft camel's-hair brush, with tincture of iodine (simple or compound). The ioduretted lotion being used daily as before during the interval. Or the scar may be wetted once a week or oftener, according to the effect produced, with acetic acid sufficiently strong to cause a superficial inflammation and subsequent peeling of the skin. Instead of acetic acid a solution of nitrate of silver is sometimes employed at intervals of twelve or fifteen days, but, owing to the temporary black-

ening of the cuticle it produces, it can only be used when the subject can enjoy seclusion for a few days after each application. The skin will turn black on exposure to the light after the nitrate of silver has been applied, the blackened surface peels off in a few days leaving the skin under it of increased delicacy and of its natural color. This treatment is safe enough in skilled hands but it should not be attempted by amateurs. I want now to put myself on record in this matter of the indiscriminate use of strong acids by persons who know nothing about their chemical strength or action. No man or woman should apply nitric, acetic, chromic, sulphuric, salicylic, or any strong acid of kindred nature who has not an intelligent understanding of their action and reactionary effect. Scars and pittings are, it is claimed, also removed by electricity which is used in conjunction with lotions. I should not advise this heroic method until after manual massage with lotions had been given a very fair trial.





CHAPTER XIX

THE COMPLEXION — Continued

Hanged in the frowning wrinkle of her brow.
— *King John*.

IN SPITE of all that has been said for and against wrinkle removers, I do not hesitate to declare that massage after the Swedish system is the only reliable and lasting method of so strengthening the facial muscles that they will support and hold the fatty tissues firmly as in healthy youth.

When the muscles of the face relax, the underpinning, so to speak, of the structure, becomes weak and flabby; and the face presents a withered, shrunken look because the tissues are weakened and impoverished and have nothing stable to rest on.

If the arm or leg were to present the appearance of shrinking and withering apparent in the face of almost every woman over fifty, all physicians of all schools would agree that the patient required massage, friction, gymnas-



MASSAGE FOR REMOVING LAUGHING WRINKLES



MASSAGE FOR WRINKLES IN THE FOREHEAD

MESSAGE MOVEMENT FOR REMOVING DROOP TO EYELID

(172)



ties, and perhaps electricity to strengthen the weakened muscles. There have, indeed, been cures of seemingly hopeless paralysis, by massage, continuously, systematically, and scientifically given.

If a shrunken arm may be restored to symmetry and perfect contour, why not a shrunken cheek? Obviously one result is as logical as the other. The great difficulty is that in treating an arm or leg we follow our physician's advice and secure a scientific *masseur*; but for some inexplicable reason, we trust our faces, whose delicate anatomy and muscular structure we know next to nothing about ourselves, to the first woman whose sign "facial treatment" or "facial massage" meets our eyes on the street, and who is just one degree more ignorant than we ourselves.

No woman is competent to give beneficial massage to the face unless she has studied its anatomy, knows every nerve and muscle in its construction, and has practiced the giving of facial gymnastics for at least a twelvemonth under one of the professors of the Swedish school.

I suppose I am acquainted with nearly every so-called method of giving so-called massage in this country. It is utter nonsense to talk of different methods. There is only one real way of properly administering true facial gymnastics, and that is after the school founded by the great Ling, the originator of the system. Where a woman can afford to employ a skillful *masseuse* of course she should do so. First-class Swedish graduates receive naturally good pay for their services, and but recently have been unwilling to give facial treatments alone, but there

are two or three experts in this line who now give the facial treatment at prices not high when the quality of the service rendered is considered.

Frequently, however, to a woman who needs facial massage, even one dollar is far beyond her means, and in such cases the subject may do the work herself on her own face—and it is work and not play, let it be understood, and fatiguing work, too, when properly done.

The word massage is derived from the Greek *masso*, to knead. It does not, as many alleged operators appear to consider, mean to pinch, or punch, or bruise, or beat the tender flesh and nerves until the victim is as sore as a pugilist after a prize fight.

Before a woman gives herself massage, she should study the plate given in this book, showing the muscular construction of the face and throat, and she should recollect that the muscles must be developed by the exercise—which is given them in the various motions. All the important facial and throat muscles are manipulated, the operator anointing her fingers with a tissue or skin-feeding unguent, or skin food, which has usually a basis of lanolin, because of its penetrating qualities, and is gently rubbed into the skin. It is quite wonderful to see how gratefully the skin accepts nourishment in this way. I am never tired of watching and marveling at the sensibility, the responsiveness, and the power of its resistance.

The skin combines within itself the powers of an organ of excretion, secretion, respiration, and nutrition. After it has absorbed the skin food it requires, it will



MASSAGE FOR DEVELOPING THE PREDOMINATING MUSCLES



MASSAGE FOR MAKING FLABBY NECK FIRM



MASSAGE FOR DEVELOPING MAHLER OR CHEEK MUSCLES

accept no more for the time being, and the operator may commence the smoothing out process. All lines should be smoothed out—that is, they should be treated with the thumb and forefinger in an opposite direction to their formation. My own *masseuse* says:—

“In giving massage, the patient’s face is first bathed in warm water and carefully dried with a soft towel. I use a little cream or skin food to anoint my fingers during the treatment.”

The first picture shows the movement for obliterating horizontal lines and furrows in the brow.

This is the rotary motion, as shown in the diagram. It is reversed in the work on the brow, but always backward on the temples.

It has been well said that a woman cannot afford to shed many tears after she is five and twenty, or if she does it will be at the expense of the beauty of her eyes, as the lachrymal glands are relaxed by weeping and the orbicular tissues (the *orbicularis* is the circular muscle of the eyelid) become emaciated, causing the disfigurement known as drooping eyelids, and nothing but the most skillful manipulation can restore the contour of those delicate tissues.

This movement is shown in the illustration and diagram No. 2 “to remove a droop in the eyelid.” The movement is made with the third finger only of either hand, and is vibratory.

Illustration No. 3 shows the movement for removing laughing wrinkles. Laughing wrinkles are not disagreeable, but they certainly make a woman look older.

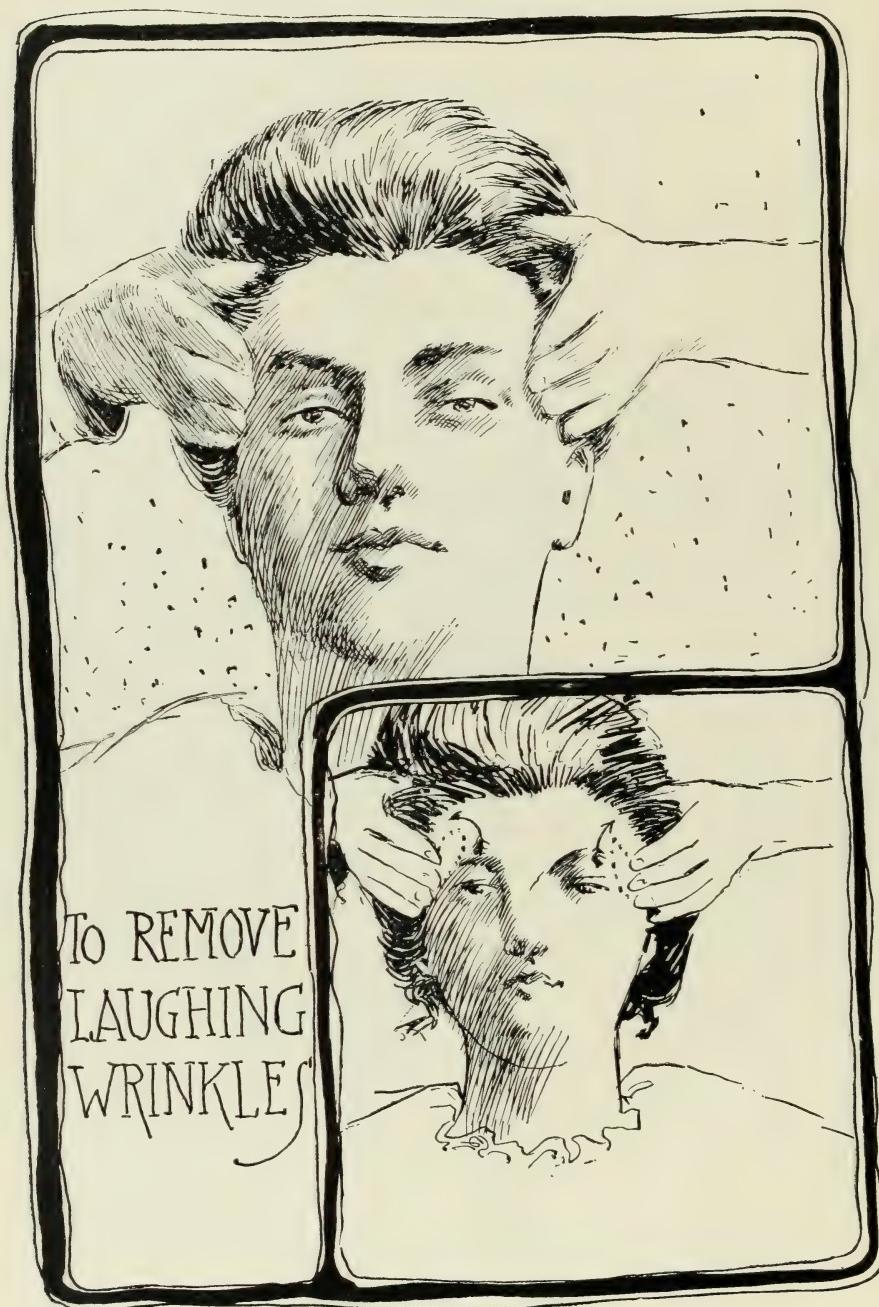
The temporal muscle is the one to be operated upon. The muscle is fan shaped. Its fibers arise from the aponeurosis of the forehead. The operator must exercise great skill and care to locate this muscle, giving it the proper rotary movement, thus forcing the blood to the surface, which will nutrify and rebuild the fatty tissues and restore the temple and nasal contour.

No. 4 shows the proper movement for developing the predominating muscle of the face. The principal muscle of the cheek, called the trumpeter's muscle, is a flat muscle which forms the wall of the cheek. It derives its name from its being much used in blowing the trumpet. But several other muscles enter into its formation, and these become relaxed from a disorganized system, sluggish blood, and many other causes. The glands shrink, the fatty tissues emaciate, and then we have sunken cheeks.

The operator must know how to locate these muscles, beginning at the origin of the trumpeter's muscle and manipulating upward to the predominating muscle above the ear, finishing the work on this muscle with the rotary movement which will force the circulation through the relaxed muscles, invigorate and rebuild the tissues. This movement, in connection with the manipulation of the mahler or cheek muscles, will completely obliterate the lines of care, but in giving these movements, special attention must be paid to the chin, as the contour of this most important feature can be diminished or abnormally enlarged by improper manipulation.

Illustration No. 5 shows the manipulation of the cheek muscles. This is a sort of clawing movement. The mus-





(180)

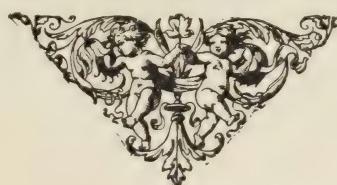
cles must be accurately located and the motion light and quick. Generally speaking, all facial massage movements are outward and upward.

Hollow cheeks fill out in an amazing way when this manipulation is properly and persistently given.

Most women begin to show age by a relaxed condition of the muscles of the neck and throat, and no woman, I am sure, has ever seen this first sign of advancing years without a sinking of the heart. I do not hesitate to say that by care the contour of the neck and throat can be positively restored to the firmness and beauty of youth, in all cases where there is not some wasting disease and where the subject is not over sixty years of age.

Where the muscles are much relaxed, they are actually sensitive to the touch, and they suffer punishment at the first treatment if they are properly manipulated.

The *masseuse* employed by me says: "My patients frequently declare at the first treatment: 'I can never stand it,' but before I have given them the third they will tell me, 'You have coaxed my throat into an insatiate demand for the exercise you give it, just as my lungs demand fresh air.'"





CHAPTER XX

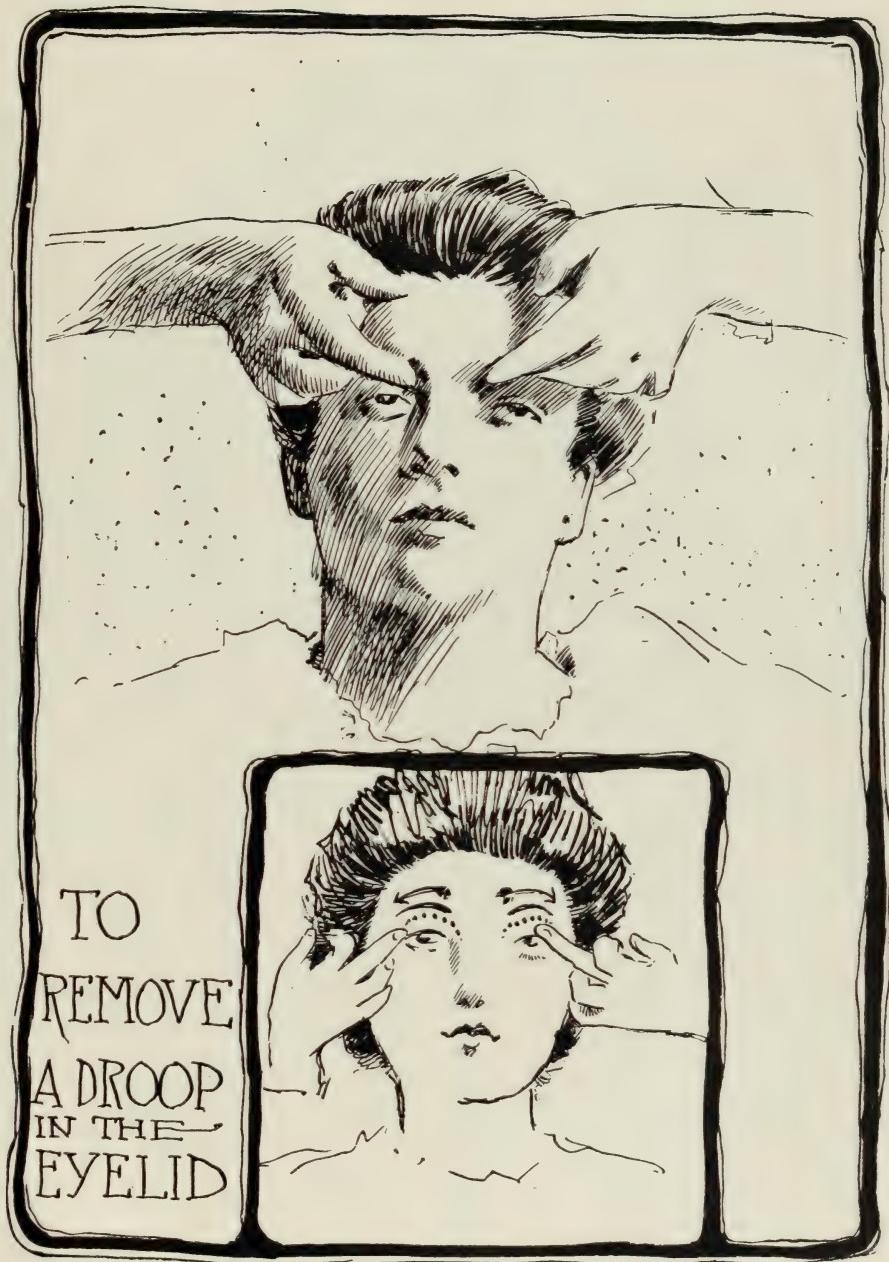
THE COMPLEXION—Continued

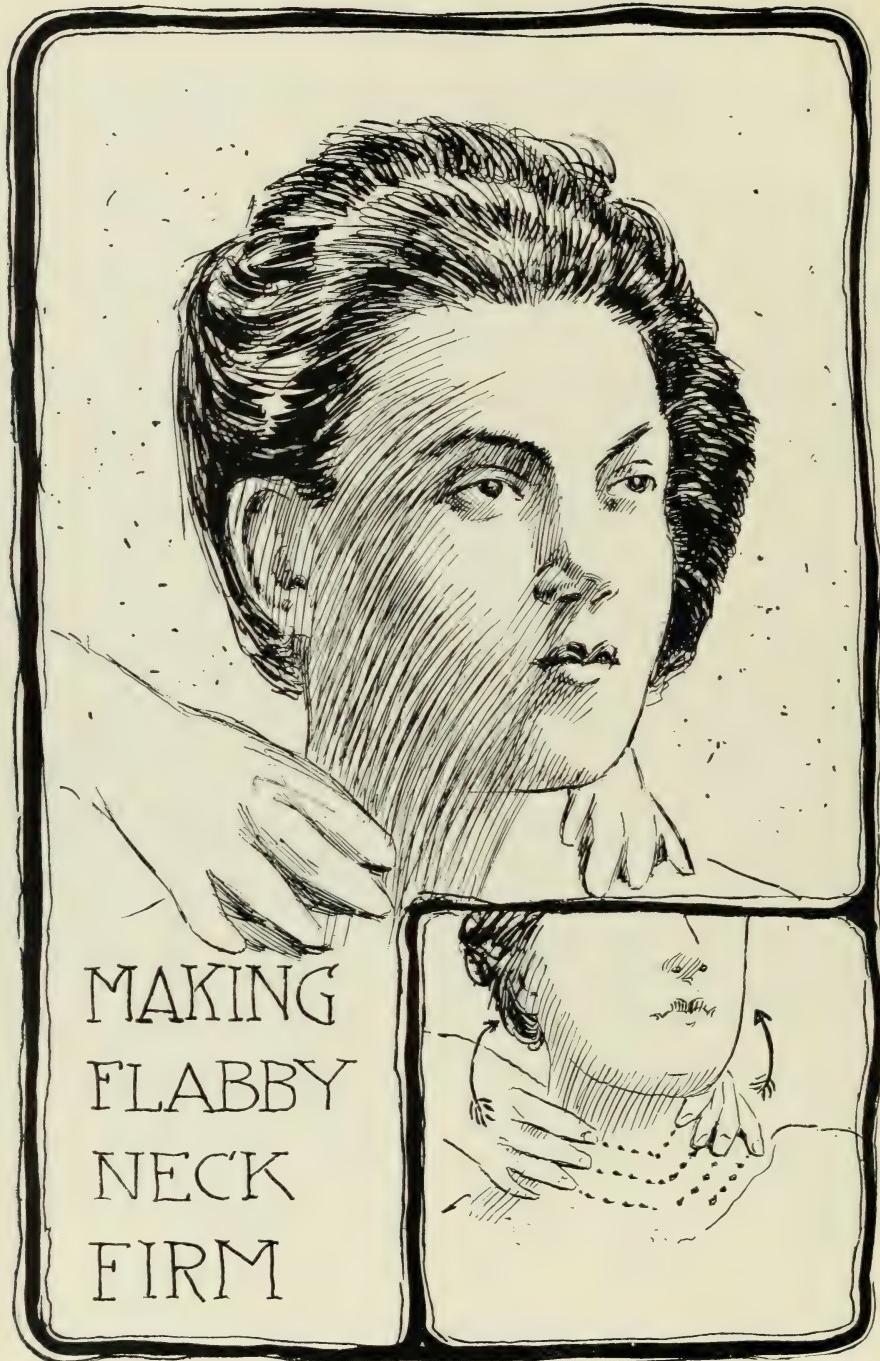
Il faut souffrir pour etre belle.

—French Proverb.


AM not going to tell you of anything new in the “how-to-be-beautiful” line, but I am going to describe a process which, like everything else, apparently originated with the Greeks thousands of years before this continent was dreamed of.

“The dear Greeks and Romans,” as Miss Blimber used to say, with so much emotion, how much we owe them—especially how much am I indebted to these clever ones of antiquity. Every time I hear of something new, some very latest invention in the way of cosmetic art, I feel certain that I shall find myself presently mentally kotowing to a Greek contemporary of Hippocrates. For that was about the time the cosmetic art and the “how-to-be-beautiful” business flourished as it has never done since. They used to deceive me, these moderns





with their discoveries, but they do so no longer. For some years of study—years of exploration and recognition of the depths of my own ignorance—have made a Foxy Quiller of me on this one subject.

FACE SKINNING

Now, face skinning, as it is practiced at this date, is a process to take or leave alone, as you choose. Personally, I leave it alone. But there are those who may wish to embrace the opportunity to have their faces skinned, and this is a free country.

Mark you, face skinning is vaunted as the means of securing eternal youth. And youth! What the woman who realizes all its loss means to her will not suffer in an attempt to get it, or an imitation of it back! The process is one of excruciating pain. I consider it attended also with a certain amount of danger.

The patient who is to be skinned takes board for a week or two or three with the professional Skinner. Then she pays for her board and torture in advance. She pays from \$300 to \$500, which is honestly not too high. A prohibitive price is, on occasions, a virtue. Next the skinnee takes a seat in a big operating chair, and the Skinner, after bathing her client's face in a solution, we will say, of salicylic acid—other acids would be just as effective—wets a sponge attached to an electrode, with the same solution, which is in turn attached to an electric battery and, turning the current on, passes this sponge over the skinnee's countenance.

The application of an irritant powerful enough to produce an inflammation as that which follows this first treatment savors rather of the inquisition of our late friends, the Spaniards, but no one is obliged to undergo it.

If it pay a woman to be skinned, let the merry art go on, say I.

The first stage of the process concluded, the patient—and here the term is no misnomer—finds herself with a visage which resembles raw beef. The skinnee's face is now decorated with surgeon's plaster, which is laid on in strips up and down and crosswise, until the entire surface is covered.

Days and nights of agony of a large and generous kind are now liberally bestowed upon the subject who is wrestling so valiantly with Time. Anodynes are given to make the pain endurable. For active suppuration must ensue before the plasters can be removed, before the three skins that are to come away can be literally eaten off, and this part of the performance is no jest.

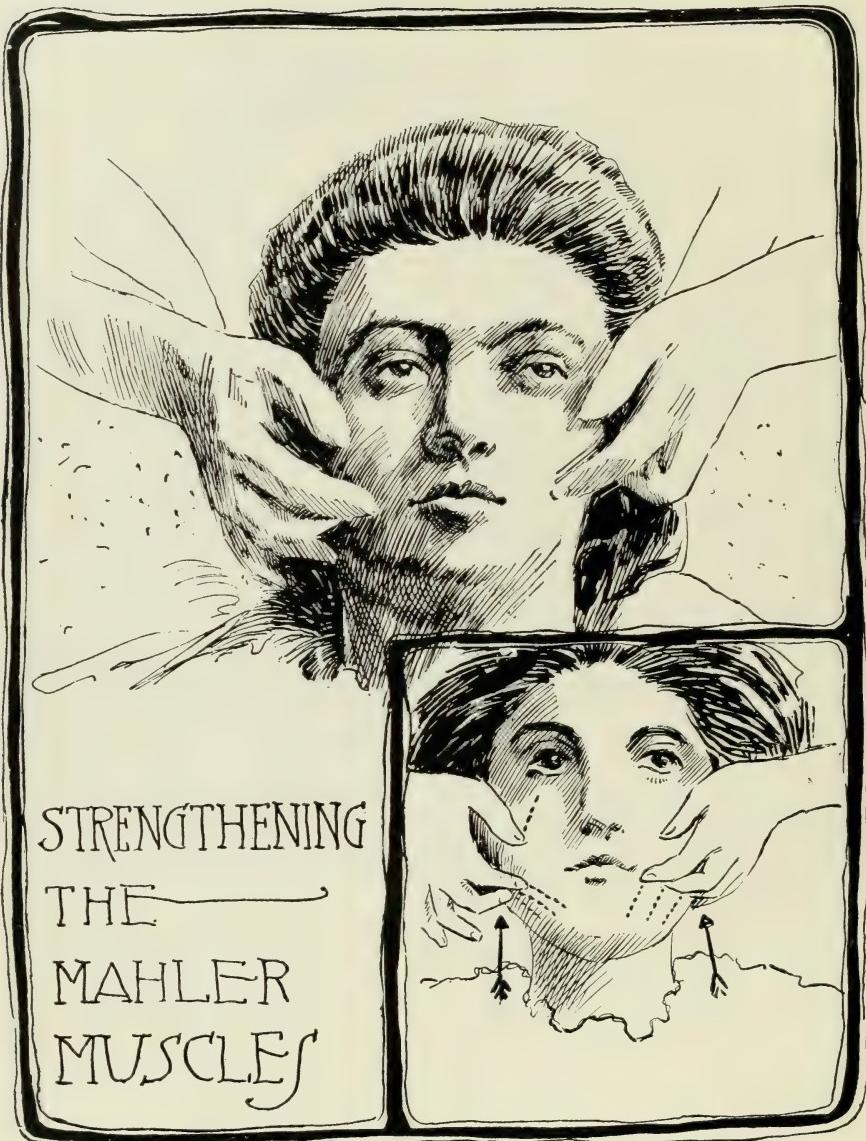
The suppuration of the whole face requires about a week's time, and is truly wonderful and awe inspiring. During this time the skinnee subsists on liquids taken through a glass tube. She cannot speak or open her mouth, which is perhaps a qualified blessing.

Talk about grit! There never was anything approaching the pluck of the lady skinnee.

When the suppuration ceases, the plaster begins to loosen. It comes only in bits, bringing with it the destroyed cuticle, which looks like an old parchment.



DEVELOPING
THE
PREDOMINATING
MUSCLES.



The "patient" now shows a face just the color of a newborn infant's—just as red, and without a line. Three months later the redness has disappeared, and a skin of delicate texture, white and transparent, is the result.

There is no question as to the improvement in appearance, if one consider the face of a woman of sixty devoid of every trace of a line of thought or experience an improvement upon the countenances that tell of self-sacrifice, patience, and courage.

The woman past maturity without a line in her face is, in my opinion, as stupid as a country without a history.

But there be those who do not share my views.

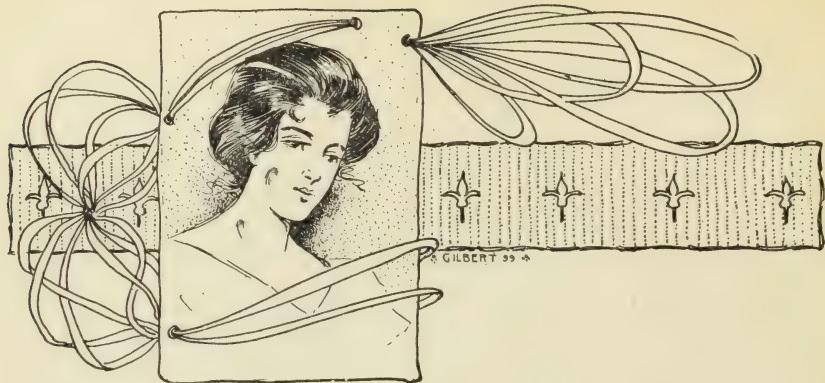
Hence, without malice or prejudice I say:—

Face skinning is not now a novelty. Your old friend Galen knew all about it.

It has been revived successfully, and is a marketable commodity. As the push-cart vender just beneath my window shouted a moment ago:—

"You takes it or you leaves it according to what you thinks."





CHAPTER XXI

THE COMPLEXION — Concluded

Went all afoot in summer's scalding heat.

— *Henry VI.*



O MANY of my correspondents and friends spend a goodly portion of the year by mountain, stream, and sea that a special chapter may not improperly be devoted to their toilet needs during summer outings.

It is quite popularly supposed that the summer season is especially trying to the complexion, and so, forthwith, the maids and madams at the summer resorts go armed with cosmetics, veils, and sunshades to protect their carefully treasured faces from the glaring sun and boisterous breezes.

As a rule, if one take a few simple precautions, such as they take almost the whole year around, they need have no fear of looking like frights when autumn comes.

THE SUMMER GIRL

First of all, she must under no circumstances omit her daily bath. This is the essential foundation upon which a clear, healthy skin is built. The bath may be taken at any time but just after eating. It may be cold or tepid, as the individual prefers, but a warm bath, it must be remembered, is more cleansing. If one wish the cold bath, however, it should be taken in the early morning and consist of a gentle sponging with a vigorous after rub.

After a bicycle ride or any other out-door exercise there is usually room for some work. Bathe the face thoroughly with soap and warm water, rinsing well with tepid water and then with cold. Dry with a soft towel and make an application of some good face cream. Rub the cream in gently, a very little at a time, with the finger tips, and be careful not to put on too much. A superfluous amount of cream on the face may have a tendency to produce an undesirable growth of down. Allow this to penetrate the pores of the skin, then wash the face again with warm water, removing all of the cream.

For the girl who tans the following lotion is recommended:—

Rose water	1 pint.
Pulverized borax	$\frac{1}{2}$ ounce.
Strained lemon juice	1 ounce.

Use this lotion freely after being exposed to the sun.

Sunburn requires a liberal dose of cold cream. A very good cream is made from cucumbers, and can be easily prepared at home:—

Put six ounces of sweet almond oil into the inside receptacle of a custard boiler. Put as much water into the outside boiler as though

you were about to make a custard. Set the two (one inside of the other) over the fire. Have ready four good-sized cucumbers. Wipe them carefully so they are perfectly clean. Cut them into squares, two or three inches in size. Do not remove the peel. When the almond oil begins to warm, put the cucumbers in it. Set the custard boiler on the back of the stove and let the water merely simmer for four or five hours. Strain. To six ounces of the strained liquid add one ounce of white wax, one of spermaceti, and two ounces of lanolin. Heat until the wax, spermaceti, and lanolin have melted; then take off the fire and beat with an egg beater until cold, adding during the beating process two teaspoonfuls of tincture of benzoin. This will make a delicious cucumber cream if properly and carefully prepared.

If the face show a tendency to become red, break out in little pimples, and seem overheated, then the diet must be attended to. During the hot weather one must be careful not to eat too much meat and starchy foods. The food required is only for repairs, and not for warmth. Vegetables, green salads, fruits, fish, and meat sparingly should form the daily menu. Cold meats are better than hot, and richly made, highly seasoned food must be abandoned.

During the soft early summer days the very best thing for the complexion is plenty of fresh air. Sunny air will never hurt the skin if it be properly protected by a tip-tilted hat or sunshade, and a warm sunny rain is better still. A tramp through the country during a warm shower, bareheaded, will do much to repair the ravages caused by late hours, close rooms, and the general fatigue of a fashionable season. The far-famed English complexion is due to the simple fact that England is a land of warm showers and mists. The English girl never thinks of staying home for rain—if she did she would spend the greater part of her life indoors.

There is no one infallible rule which will answer for the preservation of every woman's skin.

The texture of the cuticle varies according to the occupation, the manner of life, and the climate, so that the result may be in one case a thickening of the epidermis and in another a relaxing of the tissues, and naturally the same treatment will not do for both subjects.

There are also skins which have a tendency to dry on exposure to the wind, others which become irritated, and still others that grow oily and have that shiny look women so detest.

Where one has been exposed to a strong, stiff wind with the result that the skin is irritated and sore, a soap paste is sometimes much better to use temporarily than ever so bland a soap. This paste is of very common usage in France, but cannot be purchased ready made, I believe, in this country; at least I have never seen it for sale here. Any woman may make it at home after this formula:—

Strained honey	50 grammes.
White soap, shaved in thin strips (either	
of the floating soaps will do for this,	
or a pure white castile)	40 grammes.
Tincture of benzoin	10 grammes.
White wax	30 grammes.
Storax	10 grammes.

Melt the soap, honey, and white wax and mix, then add the benzoin and storax. Use instead of soap to wash the face before retiring. A cold cream or a cucumber cream should be applied after the face has been thoroughly dried.

Where the skin is dry and feels drawn, cream should be used at night and a lotion applied during the day.

This lotion, which is called "Beauty Cream," is made as follows:—

Rose water	200 grammes.
Milk of sweet almonds . .	30 grammes.
Milk of bitter almonds . .	8 grammes.

Where the skin is oily, a milk vinegar used diluted with a little water night and morning is efficacious.

MILK VINEGAR

Alcohol	30 grammes.
Tincture of benzoin . . .	30 grammes.
Strong white wine vinegar .	30 grammes.

Mix and let stand for a week, and pass through filtering paper.

Another simple summer lotion is made thus:—

Rose water	100 grammes.
Borax	5 grammes.
Spirits of camphor	10 grammes.
Tincture of benzoin	5 grammes.

Use whenever required.

STRAWBERRIES AND SPINACH FOR THE COMPLEXION

Strawberries form a delicious basis for many excellent cosmetics.

STRAWBERRY CREAM

Put six ounces of sweet almond oil into the inside receptacle of a custard boiler. Put as much water into the outside boiler as though you were about to make a custard. Set the two, one inside of the other, over the fire. Have ready one full quart of large, ripe, hulled strawberries. It is essential that the strawberries should be perfectly ripe. When the almond oil begins to warm put the strawberries in. Set the custard boiler on the back of the stove, cover the inside receptacle, and let the water in the outside kettle simmer for four or five hours. Take the almond oil and the strawberries out. Let them

strain through a clean, fine, cheese-cloth bag. Do not hurry the straining process or attempt to squeeze the bag. To six ounces of the strained liquid add one ounce of white wax, one ounce of spermaceti, and two ounces of lanolin. Put all over the fire and heat until the last three articles have melted. Then take off the fire and beat constantly until cold, adding during the beating process two teaspoonfuls of tincture of benzoin, ten drops of oil of lemon, and six of oil of neroli.

This will make a delicious strawberry cream if properly and carefully prepared.

STRAWBERRY PASTE

To refresh the complexion and perfume the skin.

Fresh strawberries	$\frac{1}{2}$ pound.
Gum tragacanth	$\frac{1}{6}$ ounce.
Violet powder	$\frac{1}{6}$ ounce.

Dissolve the tragacanth with enough rose water to form a thin mucilage. Crush the strawberries; mix and stir them up with a sufficient quantity of rose water to form a half liquid paste; add the tragacanth and the violet powder; apply the paste to the face at night and wash off next morning with tepid water. It is said that this operation repeated for three successive nights will remove all sunburn and tan.

STRAWBERRY WATER

Finest ripe strawberries, crushed . .	8 pounds.
Pure alcohol	2 quarts.

Digest and distill near to dryness in salt or steam bath. This is both agreeable and most fragrant.

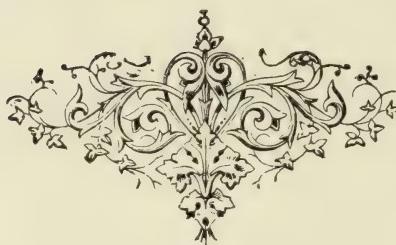
It has very high repute as a cosmetic and is used diluted with water for tan, sunburn, or as an agreeable accessory to the bath.

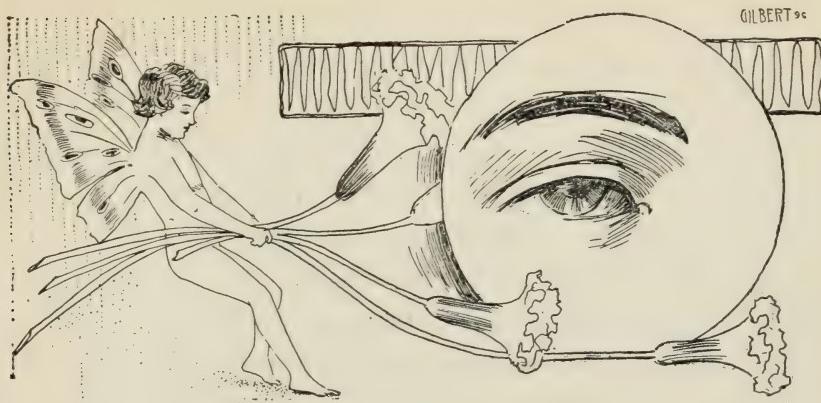
STRAWBERRY VINEGAR

Bruised ripe strawberries 1 pint.
White wine vinegar 1 pint.

Macerate twenty-four hours. Press and strain. Add eight ounces of rose water. A delicious and stimulating lotion for the face, slightly astringent.

There is scarcely anything which can compare with spinach as a spring medicine and beautifier. The girl who religiously eats it as a Lenten diet, will blossom forth on Easter morning with a complexion that will rival the lilies by its fairness. Spinach contains salts of potassium, iron, and other things which conduce to long life and a fair skin, and is worth many bottles of cure for "that tired feeling."





GILBERT & C.

CHAPTER XXII

THE EYES AND EYEBROWS

Where is any author in the world
Teaches such beauty as a woman's eye?
— *Love's Labor Lost*.

THE eye appears to be more immediately connected with the soul than any other organ. A woman reflects every emotion, almost every thought from her two wonderful, priceless eyes, and no feature of her face is more a telltale of her nature. "Show me," says the old Chinese proverb, "a man's eyes, and I will tell you what he might have been. Show me his mouth, and I will tell you what he has been." The same is true of women. Up to thirty or thirty-five a woman may be actress enough to make her eyes tell one tale, while her life would reveal another; but little by little the true state of a woman's soul stands forth in the expression, the frankness, the furtiveness, the candor, or the boldness

of her eyes. Healthy and well-formed eyes should be neither too widely open, nor too closed. They should be neither close together, nor yet too wide apart; they should neither protrude nor be too deep set. The white of the eye should be of a bluish cast. Notwithstanding a lot of nonsense which has been written about the changing of the color of the eye, no such miracle has ever been accomplished. We must go through our pilgrimage with eyes the color it has pleased Nature to paint them. Protuberant and sunken eyes are not caused always by a fault of conformity, but by too much or too little adipose tissue around them. It is often possible, by eliminating or creating fat, to correct their appearance. Proper diet and massage will accomplish this feat in either case.

Dull eyes may be made lustrous by a proper attention to hygiene. A beautiful eye is clear, full, brilliant, and appropriate in color to the subject's complexion. Every woman should take the utmost care of her eyes, bathing them several times a day in pure water, and avoiding every operation that will overtask them. The practice of using any of the so-called eye beautifiers cannot be too strongly condemned. Foolish women, who cannot realize the danger they incur, sometimes resort to preparations of belladonna or the vapor of diluted Prussic acid. The immediate result is an unnatural brilliancy of the pupil, but the practice long continued has frequently been known to produce decay and total blindness.

When the eyes are reddened or swollen by excessive weeping, or a long stretch of work, the subject should rest, and apply a soothing lotion.

In cases of granulated eyelids, I have had great success with the following recipe:—

Yellow oxide of mercury 1 grain.

Rose water ointment $\frac{1}{2}$ ounce.

Apply to eyelids morning and night.

WASH FOR INFLAMED EYES

Borax 2 grains.

Camphor water (not spirits of camphor) 2 ounces.

Drop a little of the solution into the eyes two or three times a day and bathe the lids with the mixture.

AN EYE BRIGHTENER

The juice of a lemon squeezed into a tumbler of water and taken occasionally, the last thing at night or first thing in the morning, has a wonderful effect on the complexion and eyes. It clears the liver and makes the eyes bright and sparkling. After taking the lemon always clean the teeth, as the acid quickly promotes decay.

Clipping the eyelashes in youth will sometimes produce a heavier growth, and an occasional application of a lotion made by dissolving ten grains of sulphate of quinine in two ounces of cologne will stimulate the growth. The eyebrow-growth formula, which is given on another page, may also be used with care for the eyelashes, and is usually efficacious.

Crossed eyes and squinting eyes are so easily curable that there is no excuse for girls reaching womanhood so afflicted.

TEA EYEWASH

Hot water poured on tea leaves, and the mixture allowed to steep and cool, makes a soothing eyewash.

WITCH-HAZEL EYEWASH

Distilled witch-hazel 1 ounce.
Pure water 1 ounce.

To be used especially for eyes irritated by cold. Bathe the eyes frequently with the wash.

BRANDY EYEWASH

Brandy 1 drachm.
Water 1 ounce.

To be used especially for eyes irritated from cold. Apply frequently.

ALUM EYEWASH

Alum 1 grain.
Pure water 1 ounce.

Drop gently, night and morning, into the eye with the tip of a feather, a pipette, or some such thing, and this will sensibly relieve inflammation.

ZINC EYEWASH

Sulphate of zinc 1 grain.
Rose water 1 ounce.

Drop the solution gently into the eyes, night and morning. For inflamed eyes.

A good salve for inflamed eyes, as follows:—

Oleate of mercury salve . . . 1 drachm.

Apply to the eyelids after bathing them gently, night and morning, with hot water.

THE EYEBROWS

The eyebrow has not failed to secure fame in prose and poetry, and the eyebrow immortalized by Shakespeare's lover "Sighing like a furnace with a woful ballad made to his mistress' eyebrow" was doubtless long,





OLD TYPE OF BEAUTY

straight, archless, narrow, and delicately penciled, accepted by the Greeks as the perfect feminine eyebrow.

There are various opinions on the subject, and it is conceded that the Greek eyebrow is quite in accord with the conception of mere physical beauty in women. Like the rosebud mouth, it does not indicate the highest order of intelligence, and the arch is expressive always of greater sensibility and greater strength of character.

Scant growth of the eyebrows invariably denotes lack of vitality, and external applications are useless to promote or produce a growth until the general health improves; on the contrary, heavy, thick eyebrows indicate a strong constitution and great physical endurance. They are not beautiful on a woman's face, however much they may signify either mental or bodily vigor, and when they are not heavy, but droop and meet at the nose, they are disagreeable, and are said to accompany an insincere and prying nature. Fortunately, with a pair of small tweezers these quite superfluous hairs may be removed, and let us hope the traits they are supposed to indicate, disappear with them.

Romantic women usually have a very well-defined arch in the center of the eyebrow, while a sense of humor is indicated in the arch nearer the nose.

Long, drooping eyebrows, lying wide apart, indicate an amiable disposition.

When the eyebrows are lighter in color than the hair, the indications are lack of vitality and great sensitiveness.

Faintly-defined eyebrows placed high above the nose are signs of indolence and weakness.

The toilet of the eyebrow is simple. The hair of the eyebrow can be trained to lie close and smooth to the skin, thus resembling the penciled lines we read of so often, by the aid of a tiny little brush manufactured for the purpose, and for sale at all shops dealing in articles for the toilet.

Where the eyebrows are too broad and inclined to be bushy, they should be daily trained by brushing, and will, in a short time, show an immense improvement.

When the hair falls out of the eyebrows, use the following ointment, which has never failed in my experience to arrest the disease and cause a new growth:—

Red vaseline	3 ounces.
Tincture cantharides	1 ounce.
Jamaica rum	1 ounce.
Oil rosemary	5 drops.

Mix all thoroughly; apply twice daily with the eyebrow brush.

For continuous use where the eyebrows are healthy, a little glycerine and rose water will give the delicate line emphasis and brilliancy.

Very black eyebrows give the face an intense and searching expression; when natural they accompany a passionate temperament.

Very light eyebrows rarely are seen on strongly intellectual faces, although the color of the eyebrow is not accepted singly as denoting lack of intelligence; the form gives the key to the faculties and their direction.

Red eyebrows denote great fervor and ambition; brown a medium between the black and the red.

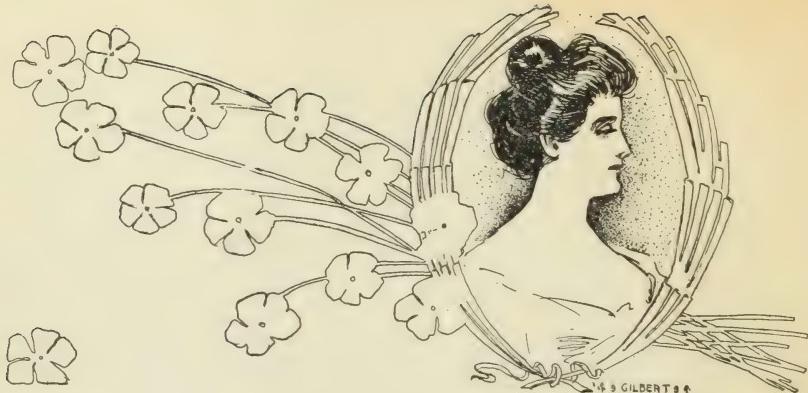
A cosmetic successfully used for darkening the eyebrows is the *Fard Indien*, either in pencil form, which is the more convenient, or applied with a delicate brush from the porcelain tablet.

Where the eyebrows are very light, almost white, they may be dyed or stained so that the artifice is absolutely impossible to detect, and the improvement will sometime make the difference between a plain and a pretty woman. This operation should not be done by an amateur. Any skillful person accustomed to the management of hair dyes can do it successfully.

Where the eyebrows meet at the nose, they give the face a most sinister and suspicious expression. In such cases the superfluous hairs should be removed by the aid of small tweezers or by electrolysis. If the tweezers be used, the operation must be renewed once in three or four weeks.

A too heavy growth of eyebrows may be treated by electricity. All the superfluous hairs can be removed by this method, which is by far the best.





CHAPTER XXIII

THE NOSE

In love, i' faith, to the very tip of the nose.—*Shakespeare.*

THE most perfectly modeled nose is a trial if it has the habit of getting spotty or turning red with or without apparent provocation. I do not know of anything more vexatious to womankind than a red, blotchy, or shining nose. Usually, although it is difficult to impress the fact upon the afflicted woman, red or blotchy noses are the result of some excess or carelessness, often aggravated until there is a well-defined malady which must be cured before the blush will fade or the eruption disappear. Acidity of the stomach, indigestion, dyspepsia, poor circulation, all mean more or less congestion, and frequently, the blotchy or fiery nose is the outward sign of an inward stomach derangement. Acidity of the stomach is very disagreeable to bear and destructive in its effects upon the complexion. In its early stages it may

often be controlled by the following most simple of remedies :—

Half teaspoonful of sulphate of soda. Dissolve in half tumbler of boiling hot water. Drink as hot as you can one hour before breakfast. Repeat the dose in thirty minutes.

Pure, hot water, drunk as hot as possible, several glasses a day will often without any medicine at all cure this form of indigestion, and the red nose will vanish with the return of normal digestion. Tight lacing—tight clothing of any kind—any stricture, in fact, will sometimes produce a red or blotchy nose and it seems superfluous to advise the addition of an inch or two to the waist measure or looser shoes to the sufferer. Local irritation will also cause inflamed nostrils, and of course the influenza, rose fever, and that hideous epidemic called hay fever, have their accompaniment of weeping, inflamed noses and eyes. Change of climate, it is conceded, is the only escape from this yearly martyrdom, but I have seen wonderful effects produced in cases of chronic rose and hay fever by Marchand's hydrozone and glycozone treatment as follows :—

By means of an atomizer made of glass and rubber, spray the nose and throat copiously and repeatedly, morning and evening with a mixture made of :—

One tablespoonful of hydrozone,
with 8 to 20 tablespoonsfuls of lukewarm water,

according to the degree of inflammation of the nasal cavities. In case of extreme sensitiveness, use even still a larger proportion of water.

Some patients may use a mixture made of one part of hydrozone with four parts of water, while others could

not stand it any stronger than one part of hydrozone diluted with thirty parts of lukewarm water.

Always take great care that the remedy passes through the post nasal cavities and reaches the throat, so as to thoroughly cleanse the diseased surface.

In the absence of an atomizer, apply the remedy to the nose by sniffing the liquid from the hand through the nostrils repeatedly, and gargle the throat. It is always beneficial to swallow the remedy.

Do not blow the nose too hard, as it might cause a temporary bleeding, on account of the excessive tenderness of the mucous membrane.

It often happens that the patient feels during one hour or so after each spraying, a temporary obstruction of either one or the other of the nostrils.

This unpleasant feeling may be accompanied by frequent sneezing, which is due to the tickling sensation produced in the nasal cavities by the presence of a great quantity of the minute bubbles of ozone being set free from the decompositions of the remedy coming in contact with the infected surface.

In chronic cases, when the middle ear is affected, deafness may result from this disease, in which case ozonized vapor inhalations should follow immediately the cleansing of the nose and throat, and should be administered by means of Marchand's Hand Atomizer and Ozonizer with a mixture made as follows:—

Hydrozone	1 tablespoonful.
Water	1 tablespoonful.
Pure glycerine . . .	2 tablespoonfuls.

Shake well and renew every three days.

When chronic catarrh of the nose is very tenacious and painful, in addition to the above treatment, apply a few drops of glycozone to the nostrils. Sniff it gently as it will accelerate a cure and relieve the sensation of fullness in the nostrils. Glycozone relieves also the dryness of the mucous membrane which often accompanies chronic cases.

Sometimes intense itching of the nose is caused by an internal trouble which, according to Dr. Augagnem, a well-known French dermatologist, may frequently be cured by the following:—

SYRUP FOR REDNESS AND ITCHING OF THE SKIN

Phenic acid (crystals) . . . 5 grammes.
Pure glycerine enough to dissolve.
Syrup of orange peel . . 400 grammes.

Dose for an adult, one teaspoonful twice daily.

This same prescription with the phenic acid diminished to three grammes is, according to Augagnem, excellent for pruritus or eczema in children.

Let my readers who are troubled with poor circulation and red noses try the following most successful and agreeable treatment. It consists of what the French call an aromatic bath, with massage after.

FOR AROMATIC BATH

Rosemary tops 1,000 grammes.
Boiling water 10 quarts.
Bicarbonate of soda . . . 250 grammes.

Make an infusion of the leaves and boiling water; let stand half an hour; strain; add the soda, and pour all into the warm water prepared for the bath. This bath is a calmative. It should be taken warm.

A red nose is generally the sign of bad circulation or impure blood. It is frequently accompanied also by cold feet. In this case rubbing the feet for fifteen minutes before retiring will sometimes so stimulate the circulation that the redness disappears from the nose with the improved general condition of the subject. A very good lotion for the inflamed condition which is usually the accompaniment of a red nose is made of rose water mixed with 2 per cent. of its bulk of carbolic acid.

Shiny, oily noses may often be cured by bathing the entire face daily with a weak solution of soda water. Use common washing soda,—a bit about the size of a filbert to say a quart of warm water. The circulation is always at fault in these cases, and sensible women who have troublesome noses are asked to take plenty of fresh air and exercise and eschew all highly-spiced food. Use your scrubbing brushes on refractory noses. It will make them redder for a few days, but it will help in their cure finally.

FOR AN OILY NOSE

Sulphate of zinc	4 grains.
Compound tincture of lavender . .	16 drops.
Distilled water	2 ounces.

Use as a lotion. In some cases where the skin is excessively oily it is necessary to remove the oil from the cuticle. Where this is so, it is well to wipe the skin with a soft rag impregnated with benzine before using the lotion.

FOR A SHINY NOSE

The remedy here given is often very successful.

Take one drachm of boracic acid and mix it with four ounces of rose water. Apply the lotion to your refractory nose as often as necessary.

I have received a letter from one of my correspondents, to which it is pertinent to refer. She says: "I am a very good-looking woman—or should be—but about fifteen years ago, when I was a little girl of ten, I fell while skating and broke my nose; it was not properly set, and it is now almost a deformity. I am assured it can be made straight, but I would like you to tell me honestly if you think it really can be made over into a nice nose."

I certainly do, for I have seen the operation performed; but for all such operations you should carefully select an expert surgeon. Consult your family physician who will very likely tell you to let your nose alone—insist that it is not well enough until it is as straight as it can be made, and get him to tell you the name of the most skillful surgeon within your reach. Crooked noses can unquestionably be made straight, even after maturity; and in early childhood, owing to the soft nature of the cartilages that form the nostrils, the shape of the lower part of the nose may be much improved by gentle daily pressure. A beautiful nose is the greatest possible ornament to the face of a woman and so rare that it excites the admiration at once. Lavater, the physiognomist, declared that there were thousands of beautiful eyes to one handsome nose. It is a somewhat singular fact that only about three in every hundred noses are to be found where they belong—in the middle of the face; the ninety-seven will digress from the perpendicular line, whereas the bridge should form a straight line drawn exactly between the eyes. The Greek nose, which is the most beautiful, is so

rare that artists have frequently looked in vain for a Greek-nosed model.

I was crossing the ocean some years ago, and could not but remark the curious manner in which one of the passengers appeared to follow a lady acquaintance who sat near me at the table. The man was finally presented to me as Mr. Blank, a distinguished foreign painter. About forty seconds after he had been introduced to me, he said: "Madame, *could* you present me to your friend? I have never seen such a nose on a woman's face. I would give a year of my life for a model with such a nose. I have not been able to take my eyes from Madame's face since she came on board the ship." It was true, the lady did have a beautiful Greek nose, and the stranger's peculiar manner arose from the ardor of the artist who had never before, he assured us, seen a perfect nose of Greek form. I presented the painter to the lady, and during the remainder of the voyage he amused us all by his evident adoration of the perfect nose. We cannot all have Greek noses, but the coming generation need none of them have pug noses or turned-ups. Daily care in childhood, pressing the pugnacious feature into shape, pulling it gently down, will lengthen and straighten it. A pug nose is amusing in a child or even piquant in a young girl, but a middle-aged woman—an old woman with a pug or turned-up nose is far from attractive. Do not let us have any more of them. (See Chapter XLII.)

Red veins which are seen frequently on the nose may be arrested by great abstemiousness and care not to expose the skin to sudden changes of temperature. I have

never seen an actual cure of a well-defined case of telangiectasis, which is the technical name for red veins. Persons suffering from this disfiguring blemish should never touch alcohol in any form. To resort to the knife or to electricity is not only very dangerous, but, as I have said, so rarely successful; I know of no authentic case.

TO STOP BLEEDING FROM THE NOSE

This may be caused by violence, or may arise from an impoverished state of the blood. When it occurs in persons of middle age it is more serious, as it is then often a symptom of some other disease. The bleeding can generally be stopped by making the patient raise both his arms above his head, and hold them there for some time. Sponging, with cold or iced water, the forehead or face, or applying a towel wet with cold water between the shoulders, will in most cases succeed. The application of a strong solution of alum or iron-alum to the inside of the nostrils, or plugging the nostrils with lint or cotton wool soaked in the solution, may be necessary if the bleeding be profuse. The health of persons subject to these attacks should be improved by nutritious diet, animal food, with potatoes, water cresses, and fruit. The following prescription may be relied upon:—

Tincture of steel	2 drachms.
Dilute muriatic acid	1 drachm.
Syrup of orange peel	1 ounce.
Infusion of calumba	7 ounces.

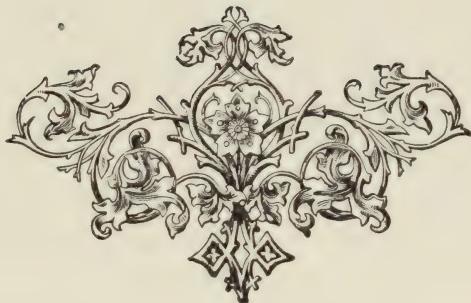
Mix. For a child, 1 tablespoonful in a wineglass of water before meals; for an adult the dose may be increased.

Placing a small roll of paper or muslin above the front teeth, under the upper lip, and pressing hard on the same, will arrest bleeding from the nose by checking the passage of blood through the arteries leading to the nose.

Bleeding at the nose, when not caused by a blow or other violence, will usually cease of itself in a short time as it is frequently an effort of nature to relieve the congested vessels. When it becomes persistent or is excessive, the simplest and most effective means of arresting it is to make a probe of a slender lead pencil or anything of like form, and introduce by this means a small bit of soft cotton previously dipped in a mild solution of alum, creosote, strong black tea or even cold water. Should this not succeed, a little of one of these liquids may be snuffed up the nostrils or a small piece of ice placed in the one from which the blood flows.

Dr. Negrier, a physician of Tangiers, discovered that in ordinary cases of nosebleed, raising the arm of the affected side will arrest the flow. It is well to try this method before resorting to any other treatment. Women of lymphatic temperament are subject sometimes to a periodical swelling of the nose which makes its appearance usually after eating or on coming into a warm room from out-of-doors on a cold day. Nothing is more destructive to a woman's looks. Frequently the swelling is accompanied by intense itching, and the nose will appear to be in a highly inflamed condition. Without rhyme or reason the inflammation will usually disappear as suddenly as it came. While it lasts it is annoying to an extreme degree. The quickest and safest remedy for such

an affliction is a large dose of castor oil, and a warm soda bath, or a lotion composed of rose water mixed with two per cent. of its bulk of carbolic acid. To prevent a recurrence of the swelling, the strictest attention to the diet should be maintained. The patient should live on fruits, vegetables, and saline drinks, taking an abundance of out-of-door exercise.





GILBERT 99

CHAPTER XXIV

THE EAR

And here have I the daintiness of ear.—*Henry IV.*

THE perfect ear should be about twice as long as broad, and should be attached to the head almost straight or slightly inclined backwards, and should touch the head with the back of its upper point. The critical observer will find very few perfect ears. Mothers and nurses are greatly to blame for the almost deformed ear we constantly see in our young people. There is nothing gives a lad so uncouth an appearance as wide, projecting ears, and although a girl can dress her hair to somewhat lessen the ugly deformity, as long as the ears stand out from the head they are a great blemish. There is no need to have recourse to a surgeon to effect a cure in outstanding ears. A simple bandage worn at night, which holds them flat to the head, is all that is necessary. There is some sort of a patent skeleton cap, I

believe, which has the same purpose in view, and is more comfortable to wear, particularly in warm weather. The ear contains no bones and is for this reason easily trained.

The reprehensible practice of piercing the ears is traceable to remote antiquity. I am opposed to it, not from an æsthetic point of view alone, though I think any mutilation of the flesh abominable; but piercing the ears is not always a simple and harmless operation. It has been known, when clumsily performed, to develop erysipelas and abscesses of a most painful and sometimes dangerous character. Eczema of the ear is a common ailment and a most disagreeable one. Indeed, all maladies of the external ear are peculiarly offensive. Women subject to eczema should eat quantities of fruit, salads, particularly dandelion and water cress, they should take frequent warm, calmative baths, and above all, they should not get either chilled or overheated. For a local application a weak dilution of carbolic acid is healing and agreeable, or a few drops of listerin diluted with water will allay the fearful itching of eczema of the ear. The following ointment is also excellent:—

CARBOLATED OINTMENT

Melt together 5 ounces pure lard, and $2\frac{1}{2}$ ounces white wax; add $\frac{1}{2}$ ounce balsam of fir, and when it begins to cool, stir in $\frac{1}{2}$ ounce carbolic acid. The addition of balsam of fir to this preparation corrects the disagreeable odor of the acid, and renders it slightly adhesive, which is desirable.

The ear is liable to various disorders. Children almost without exception, suffer from what is called "earache,"

caused by a cold, occasionally by a blow. For common cases of earache, nothing is more effective than the application of either one of the lotions which I here give.

LOTION NO. 1, FOR EARACHE

Tincture of opium 1 drachm.
Olive oil 1 drachm.

Tincture of opium is otherwise known as laudanum. The mixture should be heated. Insert a small piece of raw cotton thoroughly moistened with the lotion.

LOTION NO. 2

Sulphate atropine 8 grains.
Pure water 1 ounce.

Mix. Apply to the inside of the ear by the aid of a camel's-hair pencil brush. The application may be made frequently.

Where the earache is very severe a five to ten per cent. solution of cocaine administered by the aid of the camel's-hair pencil brush, will temporarily at least, give quick relief.

When the earache is continuous the subject should consult a skillful aurist. Failure to do this not unfrequently has resulted in permanent deafness.

Occasionally earache is caused by the formation of a hard mass of wax at the bottom of the outer passage. This accumulation will also produce deafness. It is too dangerous to attempt to dislodge this hardened cerumen, one's self. The subject should immediately go to an experienced practitioner in diseases of the ear, for relief.

Children are sometimes subject to running from the ears. In such cases they should be immediately taken for examination to a good aurist.

Grown persons, as well as children, suffer agonies from earache. Where it is possible, a physician should always be called, as the pain which seems to be old-fashioned earache may be the precursor of a more serious ailment. Where one lives at a distance from a doctor, it is well to have a remedy at hand. I have tried Duval's earache cure frequently, and always with success. The Duval formula is as follows:—

Laudanum and chloroform, 15 drops each. Mix. Wet a small bit of cotton with the mixture, and introduce into the ear. The first effect is a sensation of cold; then there is a numbness followed by scarcely perceptible pain and a refreshing sleep. It is of the greatest importance that the external ear should be kept clean, and above all that the yellow cerumen should never be allowed to remain in the passage until it has hardened.

When the ear has been neglected until the cerumen is hardened, it produces temporary deafness, which may be removed by the following:—

Sassafras oil	10 drops.
Glycerine	1 fluid drachm.
Olive oil	$\frac{1}{2}$ ounce.

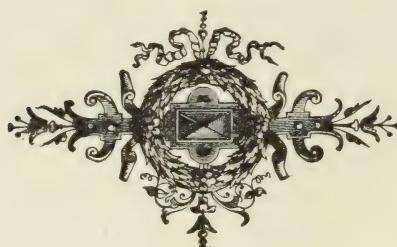
Mix thoroughly and drop a little into the ear every day until the cerumen is softened so that it may be removed.

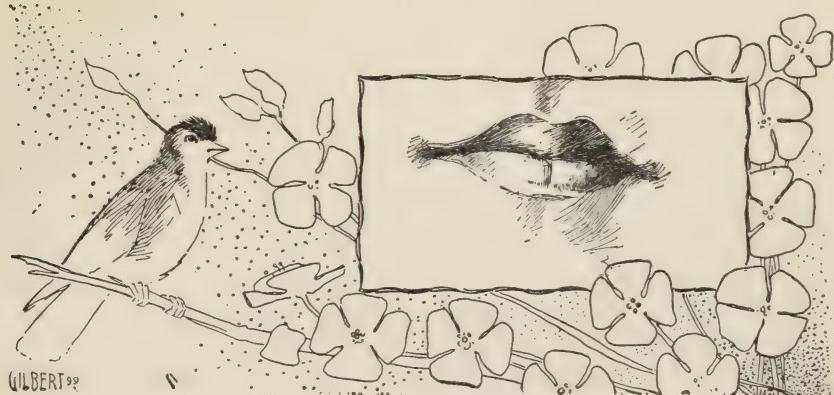
The ear should always be cleansed by the aid of a small toilet utensil called an aurilave,—usually made of bone or ivory, with a tiny sponge covering one end.

It is an extraordinary and most disagreeable fact which I feel compelled to mention, that many women, otherwise scrupulously clean, seem not to understand how to wash and cleanse the ear of the accumulations of dust or cerumen. Nothing can be more shockingly disgusting than

the result of such neglect. Occasionally one sees a group of blackheads in the shell of the ear. They are firmly imbedded, and more difficult to remove than in the face. They should be expelled by pressing either side of them with the fingers which should be covered with a handkerchief or bit of linen, to prevent the nails from cutting the skin. After the blackheads have been removed, the ear should be thoroughly washed with soap and water to which may be added a bit of washing soda or a little carbolic acid in solution.

Living insects sometimes get into the ear, and cause great alarm. They are instantly destroyed by pouring a spoonful of warm olive oil, or camphorated oil, into the ear, retaining it there until the next morning by means of a piece of cotton wool, when it may be washed or syringed out with a little mild soap and warm water.





CHAPTER XXV

THE MOUTH AND TEETH

Oh, how rife in show,
Thy lips those tempting cherries kissing grow.
— *Midsummer Night's Dream.*



PERFECT mouth is, according to sculptors and painters, of medium size, the upper lip bow-shaped, the under nearly straight. The lips themselves, in nature of a bright crimson, should be neither too thick, which gives them a sensual expression, nor too thin, as in the latter case the whole countenance assumes an appearance of hardness and penuriousness. The influence of the mouth and teeth on the personal beauty of a woman is known and freely admitted by all, and if a girl have a beautiful set of even, white, compact teeth, she has the foundation of enough beauty for the average woman. With the most irregular features, I have seen women who were irresistible because they were possessed

of an utterly enchanting mouth and teeth. Indeed, were I to choose any one feature of the face as the keystone for beauty building, I should say unhesitatingly, give me a beautiful mouth and perfect teeth, and I will do the rest. I can transform ugly skins into lilies and roses, make coarse hair glossy and luxuriant, give the eyes a gentle and womanly expression so that they will be sweetly attractive even though *per se* they are not beautiful, but I am always rather discouraged by a noticeably malformed mouth, and distinctly so when the lips of a woman part to reveal decayed, misshapen teeth, pale, unwholesome gums, and a diseased and fetid breath. However we live fortunately in the age of wonderful dentistry, and even the unfortunate woman with crooked, misshapen teeth need not despair. Crooked teeth may be straightened, decayed teeth cleaned and filled, discolored ones bleached, and even hopelessly diseased ones may be treated and the disorder arrested, and there are artificial teeth made to-day which really do defy detection. It is positively essential to every woman's beauty to keep her mouth healthy or her breath will be offensive.

“Disease and health for a warm pair of lips
Like York and Lancaster, wage active strife.
One on his banner front the white rose keeps
And one the red; and thus with woman's life,
Her lips are made a battlefield for those
Who struggle for the color of a rose.”

Nothing so soon is fatal to the beauty of the mouth as disease in any form. The fever which gives the eye its unnatural and often fascinating brilliancy will also paint

the cheeks with a flush of exquisite rose,—its effect on the lips is to dry them and make them parched and brown and blistered looking, and the breath is tainted instantly by disease. You will hear a physician or a nurse exclaim: "She had a sore throat. I knew at once by her breath it was diphtheritic"—or—"He had a typhoid breath"—or—"She certainly had consumption. I recognized the phthisis breath." Whenever the breath is contaminated, you should look at once for the cause. In children frequently it is due to some slight derangement of the stomach, or it may be and usually is, the fore-runner of a childish malady. But where it is chronic in young or old, there is need of a skillful doctor at once. The catarrhal breath is peculiarly offensive, yet I think it can be almost always greatly palliated if not entirely disinfected. For immediate use the following is an antiseptic wash, and will for a certain time correct an offensive breath.

ANTISEPTIC TOOTH WASH FOR OFFENSIVE BREATH (Beaumez)

Phenic acid	1 grammie.
Boric acid	25 grammes.
Thymol (in crystals)	0 grammes 50
Essence of mentha	30 drops.
Tincture of anise	10 grammes.
Distilled water	3 pints.

Rinse the mouth with the above, which should be diluted for use in the proportion of one-half tooth wash to same quantity of clear water. Use after each meal and at any time required.

For a positive cure of catarrhal breath I know of nothing so efficacious as Marchand's hydrozone and glyco-zone treatment.

When the breath is continuously offensive, the following pastilles are recommended, as they may be carried in the pocket and are very efficacious:—

Pulverized coffee	45 grammes.
Wood charcoal	16 grammes.
Pulverized sugar	15 grammes.
Vanilla extract	15 grammes.

Mucilage made from Senegal gum — enough to form paste of proper consistency.

Mix the coffee, charcoal, and sugar thoroughly with mortar and pestle, add the vanilla, then the mucilage, which is made by dissolving the gum in water. Roll the paste out thin and cut in little squares. Keep in tin or pasteboard boxes.

All children of our day have a right, which advanced dentistry in various branches gives them, to a set of regular, sound, white teeth. I will qualify this somewhat by excepting the little unfortunates who come into this world with the taint of scrofula (or consumption, which is also scrofulous), in their veins. Even with these terrible legacies much may be done to strengthen and assist the bone in the formation of the teeth and the straightening of crooked, overlapped ones. Many a girl has had all her chances of ever becoming a pretty woman quite ruined by a mouthful of crooked, overlapping uneven teeth.

Frequently a girl's looks are destroyed by a narrow and protruding upper jaw which a little care will transform into a symmetrical feature. In these cases, it is well always to consult a good scientific surgeon dentist. Do not,

however, permit a sound tooth, no matter how it overlaps, to be extracted on the advice of any one dentist; teeth are far too precious to run any risks about. In every case, the teeth should be straightened as they come in, for *while* they are coming in the jaw will yield and make place for them. After they are firmly set, even though one resorts to extracting one or two where they are crowded, to make room for the others, the result is a space and the remaining teeth will only stay straight while the torturing plate has them in a vice. I have seen children suffer such agonies from those cruel plates that I would never consent to the use of one again. I remember too vividly, one dear child's torture and my own horror, when, upon examining the plate which was to straighten her teeth, and had been by the dentist firmly attached by all sorts of brutal contrivances so she could not herself take it out, I found the proud flesh protruding from it in bits, some of them half an inch in length, all around between the plate and her teeth. This child suffered martyrdom through the brutality of a dentist, and after all, the operation was a failure, resulting in nervous prostration of the victim, the loss of two beautiful sound teeth, and no result in straightening those which were to be connected by the vacancies made in extracting. The bill for this service was five hundred and twenty-five dollars. Let one such experience be a lesson to those who read of it.

It is now conceded that a great deal depends on the care of the baby teeth. The period of dentition is of course a very trying one, but it can be greatly ameliorated

by care and the greatest possible cleanliness. A teething baby should have at least two full warm water baths each day and the little mouth and gums should be washed frequently with a weak solution of borax and cooling water. The very moment the first little tooth appears, you should buy the baby a tiny soft camel's-hair toothbrush, and morning and night each little tooth should be cleansed. Use the borax solution for this, and if agreeable to the baby, add just a drop of essence of peppermint. Never extract the first teeth to make way for the second. Let them drop out as they will, or at the most assist them only to make their exit when they are hanging by a mere thread. Children, and in fact grown people, rarely brush their teeth properly. Teach the little people to brush up and down, never across the tooth—in the latter the enamel is rubbed across the grain and frequently is worn off by too much brushing the wrong way. The best dentifrice for children is camphorated chalk, which is readily made at home. It is cleansing, antiseptic, and wholesome. The following is an excellent formula for it:—

TOOTH POWDER NO. 1

Precipitated chalk	4 ounces.
Powdered orris root	8 ounces.
Powdered camphor	1 ounce.

Reduce the camphor to a fine powder in a mortar, moistening it with a very little alcohol. Add other ingredients. Mix thoroughly, and sift through a fine bolting cloth.

TOOTH POWDER NO. 2

A good tooth powder may be prepared at a small cost as follows:—

Take two ounces of prepared chalk, add to it one-half an ounce of powdered orris root and a quarter of an ounce of carbonate of soda. Mix and pass twice through a wire sieve and it is ready for use.

One of the most offensively painful afflictions of the mouth is too abundant salivation, which is frequently accompanied by a relaxed condition of the lips and a lack of control of the muscles. There is nothing more disgusting than the accumulation of saliva in the corners of the mouth. The following is the famous "Zeissl" formula for the cure of what is called in English text-books, "a slobbering mouth."

FORMULA FOR TOO ABUNDANT SALIVATION—(Zeissl)

Distilled water	250 grammes.
Cinnamon water	50 grammes.
Syrup of cinnamon	20 grammes.
Tincture of iodine	4 grammes.

Dilute with water. Rinse the mouth well two or three times daily.

Children often acquire bad habits of making mouths—of grimacing—and sometimes suck or bite the lips until they so distort them as to produce a permanent deformity and ruin the expression of the face. They should be deterred from habits which are fatal to good looks. Mouthy children are unpleasant, but they are curable. (See also Chapter XLII.) It is astonishing, however, to

note certain persons, not children by any means, who appear to be utterly unconscious of the appearance of their countenances when they are chatting or laughing. They engage in the most extraordinary muscular contortions and distortions sometimes revealing whole sets of not too attractive teeth and even half an inch of gum above them and presenting an almost savage appearance. I think it would be wise to insist where a young girl is getting into such a way, that she should be made to watch her uncanny appearance by conversing before a mirror. The vanity happily inherent in our sex and without which we should, in my opinion, be but a sad lot of "females" as Mr. Pickwick would say, may be depended upon to effect a cure.

Massage is the only treatment for the drooping corners of the mouth. Make the movement upward and outward; downward facial movements work ruin.

It is something to live in the day of crown fillings. Think of it, those who have gone through the martyrdom of tooth extracting and the miseries of the old-fashioned artificials. Yet, it is not so very long ago since teeth were filled or stopped in good old London with "wooden plugs." Think of the agony of that operation. I saw a woman the other day who is conservative to the last degree. She is rejoicing in most beautifully scientific dentistry including bridge-work, crowns, and all the latest novelties and luxuries of the dental world. I could scarcely believe my eyes. She looked as though she had found the fountain of youth and taken a plunge in its restoring waters. It is not astonishing that in old times

the removal of a front tooth was the punishment for many crimes. To be minus a front tooth was a lasting brand of degradation and convicted prisoners would beg for the lash or for any other form of punishment.

Sometimes it happens that despite the greatest care the gums soften and recede; there is usually an inherited cause. Taken in time the following wash is very efficacious in hardening the gums:—

WASH FOR RECEDED GUMS—(Delestre)

Catechu aa	32 grammes.
Myrrh	32 grammes.
Balm of Peru	4 grammes.
Extract of cochléaria	155 grammes.

Macerate for eight days; filter; use diluted with water to rinse the mouth and gums as often as required.

The famous Eau Botot, a dentifrice of great renown, is made as follows:—

EAU BOTOT

Green anise	64 grammes.
Cinnamon	16 grammes.
Cloves	1 gramme.
Pellitory	4 grammes.
Cochineal	5 grammes.
Cream of tartar	5 grammes.
Benzoin (tincture)	2 grammes.
Essence of peppermint	4 grammes.
Alcohol a 80	2000 grammes.

Mix the cream of tartar, benzoin, and cochineal together, then add the other ingredients. Macerate for eight days. Filter and bottle for use.

For chapped lips the following is a good ointment:—

LIP SALVE

Spermaceti	$1\frac{1}{4}$	ounces.
White wax	1	ounce.
Almond oil	4	ounces.
Alkanet root	3	drachms.

Melt all in a water bath. Let it nearly cool and add:—

Balsam of Peru	4	drachms.
Oil of cloves	20	drops.
Essence of ambergris . . .	3	drops.

A CURE FOR TOOTHACHE

Acetate of morphine.	0	grammes 05.
Essence of menthol	4	drops.
Phenic acid (pure)	20	drops.
Collodion Q. S. to make 4 grammes of the mixture.		

Moisten a bit of cotton and apply to the cavity.

OINTMENT FOR COLD SORES AND FEVER BLISTERS

Camphor	5	grains.
Powdered arrowroot	$\frac{1}{2}$	drachm.
Subnitrate of bismuth. . . .	$\frac{1}{2}$	drachm.
Ointment of rose water . .	$\frac{1}{2}$	ounce.

Apply whenever necessary to the lips.

MYRRH AND BORAX MOUTH WASH

Rub together in a mortar one-half ounce each of pulverized borax and strained honey; then add gradually one pint of pure alcohol and one-half ounce each of gum myrrh and red saunders wood. Let the whole stand in a large-mouthed glass bottle for two weeks. Shake the bottle occasionally. Pass through a filtering paper and it is ready for use.



CHAPTER XXVI

THE MOUTH AND TEETH—Continued

Bid them wash their faces
And keep their teeth clean.—*Coriolanus*.



BSOLUTELY clean teeth never decay. Crevices or imperfections in the enamel at any point, and crowded teeth where food finds lodgment between, are the first to show evidences of decay.

Food ferments in a few hours in these minute pockets and bacteria multiply assisted by conditions of warmth and moisture. Lactic acid is the biproduct that these minute germs form and it soon dissolves out the lime salts from the enamel and dentine under the enamel, thus leaving the hair like nerve filaments exposed to heat, cold, and irritating substances as sugar, acids, etc.

The advanced dentist of to-day polishes away these rough surfaces and if the crevices be too deep to be

polished out of the enamel they should be filled before decay has begun.

Preventive measures are employed first, to destroy germs in minute crevices and cavities prepared for filling and second, to harden the tooth structure beneath the enamel (dentine) to prevent further decay.

This is accomplished by drying the teeth thoroughly after applying thin sheets of rubber around the teeth to protect the gum, and then saturating the cavity and all crevices with formalin. This is a powerful germicide and yet is harmless in that it may be applied to the tongue without the slightest injury. It has the property of hardening the tooth structure under the enamel. This quality prevents decay positively. In proof of this it may be said that a bullock's eye placed in a solution of formalin will be so chemicalized by it that bacteria (germs) of any kind will not multiply on its surface for weeks after its removal from the solution, although the eye is of a gelatinous consistency and readily decomposes if not placed in this solution.

CROWDED TEETH

Irregularities of the teeth that cause decay may be corrected in two ways. First, by the extraction of as many teeth as may be necessary to bring about an even condition, but a definite diagnosis of what any individual case may require is only arrived at by the intelligent diagnosis of a specialist in this branch of dentistry, in consultation with the dentist in charge.

Second: A crowded condition may be overcome by simply removing or polishing away between the teeth, removing enough to allow the teeth to be made even and healthy by drawing them in position by fine silk threads or other appliances.

This applies particularly to adult teeth that may be corrected more easily and in less time than in youth. It is not generally known, but a fact that adult teeth may be more easily corrected than children's teeth, for the reason that the teeth are fully erupted and it is but necessary to move them forward or backward to bring them in alignment.

Stained and discolored teeth may be bleached to their natural color by means of twenty-five per cent. pyrozone, in the hands of an intelligent practitioner, who applies the rubber dam to protect the gum. Dark teeth or yellow teeth may be made a shade or two lighter by this application, properly applied. Teeth stained with iron, causing dark margins, can also be brought back to their natural color. This preparation is absolutely harmless, as any graduate of dentistry will tell you, and simply removes the stain without in the slightest degree injuring the enamel.

Misshapen, worn teeth, teeth too long, too short, or too large can all be corrected by slightly changing the shapes with very fine stones. In a degree the teeth may be sculped, so to speak, into pleasing shapes and correct lines without the slightest injury and with positive benefit. Indeed, it is a hygienic measure that is being taken advantage of by the advanced practitioners of this day

to prevent decay of the teeth. The enamel surfaces are polished, and it is a proved fact, established beyond the question of a doubt, that clean, smooth surfaces do not lodge bacteria and, therefore, cannot and do not decay. It is a mistaken idea that the enamel of the teeth is extremely thin. As a matter of fact, it is very thick, particularly at the point and sides, where the greatest strength is required.

It forms a thimble, covering the dentine or bony portion of the tooth from the cutting edge to the gum margin, and no injury can arise from removing a portion of it, if that surface be ground with fine stones and highly polished afterwards. Absolutely clean teeth do not decay.

PORCELAIN INLAYS

Advanced practitioners of to-day avoid the display of gold. Modern porcelains, lately developed in Germany, are so perfect that enamel inlays may be set in almost any cavity where it may be seen in talking or laughing, the color and union so perfect that when moist it cannot be traced. Gold filling, be it ever so perfect, is unsightly and will not be countenanced in the front teeth by people of refinement when they know that this may be replaced, in the majority of cases, by carefully fitted enamel inlays. Some cavities are so very small that this cannot be done, and indeed, in small cavities it is not necessary; but in large cavities, where it is a pronounced disfigurement in an otherwise handsome set of teeth, it is very desirable that this change be made. I have seen corners of teeth

where large, unsightly gold fillings have been removed and replaced with porcelain with two pins and fitted to the tooth so perfectly that you simply could not find where the two were joined. Besides, it was stronger, less painful, and less tedious than the gold filling, and the nerve was not destroyed as would be necessary in crowning.

ARTIFICIAL TEETH

Perfect artificial teeth that defy detection should combine natural color, lightness, strength, and correct lines.

Looking at a perfect denture from the front the first six teeth should show slightly below the lip in ordinary conversation and the side teeth should set close to the gum in a straight line from the eye tooth back to the molars. In this way the teeth at the side are partially hidden, and only the front teeth show. This entirely overcomes that condition where an imperfect plate shows so many teeth that it looks over full of teeth. Looking at a perfect plate, side view, when in the mouth, the teeth should follow the perfect lip, a cupid's bow or a double curve on each side of the center. In other words the four front teeth are a shade longer than the side and the molars curve up in the back to meet the lower teeth.

The features are easily restored at the wing of the nose and just below the corners of the mouth by raising the porcelain gum at these points.

Natural effects are only produced by an artist in this work. The six front teeth should be very slightly curved from the corners of the mouth forward to meet in the

center and should restore the upper lip slightly more than the lower.

Twenty-year teeth in forty-year mouths, youthful immature types in color and shape should never be used for mature people whose natural teeth, be they ever so perfect, will show worn places, slight abrasions, inequalities. Here again it will require an adept to copy nature as natural effects are not produced by manufacturers of artificial teeth. It is done by the skillful dentist alone.





CHAPTER XXVII

THE MOUTH AND TEETH—Concluded

Of such aspect
That they'll not show their teeth in way of smile.

—*Merchant of Venice.*

THERE is practically no limit to the wonders performed by the beauty culturist of to-day.

Long ago we discovered methods by which wrinkles and furrows may be removed and a parchment skin be made fair and smooth, but a woman's teeth have been to the knowing ones a telltale of her age which a restored complexion only emphasized.

More depends upon a woman's teeth, in determining good looks, than upon any other feature. The mouth that parts to exhibit decayed or discolored teeth destroys the claims of its possessor to beauty.

A missing tooth is equally fatal to a woman's looks. Artificial teeth are best described as artificial.

TOOTH IMPLANTATION

The most extraordinary feat in cosmetic dentistry is the implantation of a live tooth to fill the vacancy in the mouth of a subject desirous of artistically closing the gaps made by the extraction of decayed teeth years ago.

This operation I myself was invited to witness, and watched with amazement and delight, knowing what it would mean to thousands of my readers if successful.

It occurred some months back, and because it has been perfectly successful and also because of the marvelous improvement in the looks of the lady herself, I have with her kind permission secured photographs taken before and after the implantation, which are here reproduced to show just what tooth implantation is.

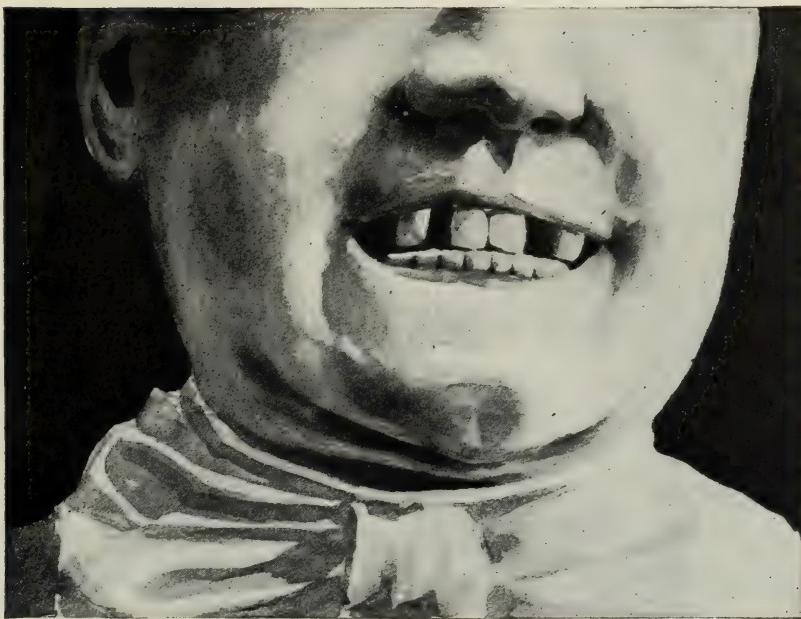
I may add that at this operation a celebrated dentist from San Francisco and one from New Orleans were present, each having come expressly from these remote cities for the sole purpose of witnessing this feat in dentistry.

The patient is a lady in the forties. The teeth she wished replaced had been extracted for over two years.

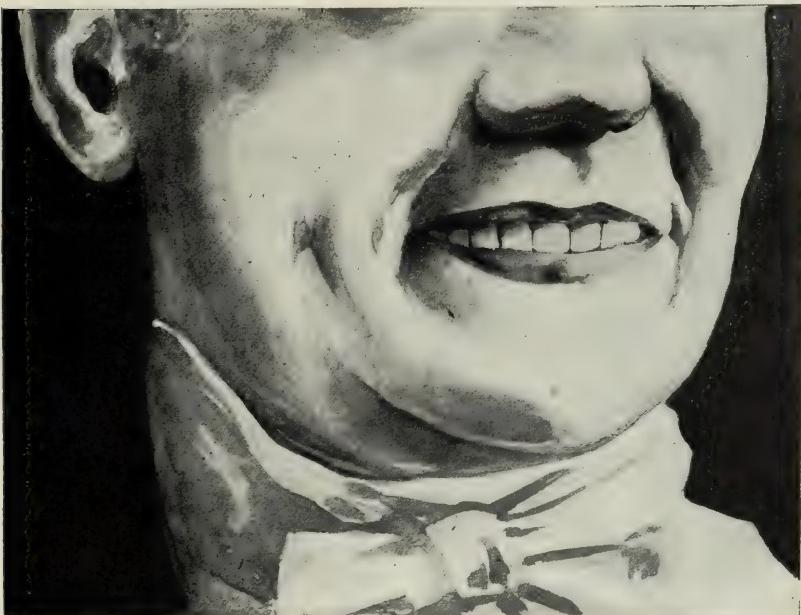
The dentist secured two natural teeth of the same color—for there is a great difference in the shades of teeth as well as in their form. These teeth were obtained from a dentist who makes a specialty of extracting.

Despite the advances in dentistry and the protests of dentists, there are each day in the year many sound teeth extracted in New York city.

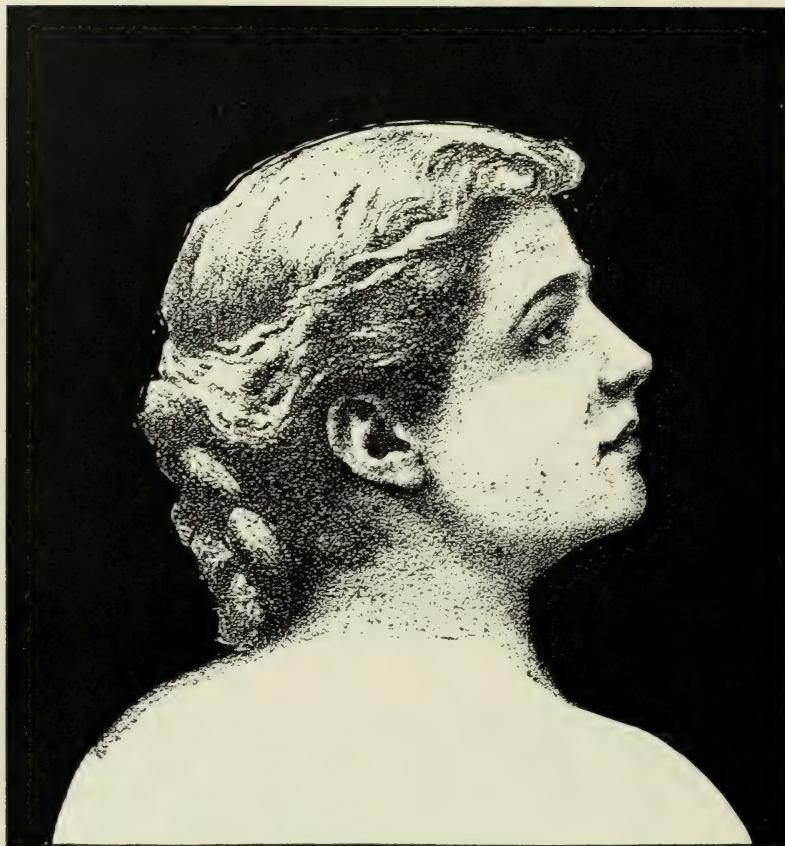
It is by no means uncommon for a man or woman who has had to endure the pangs of toothache to de-



MRS. X. BEFORE IMPLANTATION OF TEETH



MRS. X. AFTER IMPLANTATION OF TEETH



THE PERFECT MOUTH (PROFILE)



(240)

THE PERFECT MOUTH (FRONT VIEW)

termine once for all to have no more of that sort of anguish and to insist upon having every tooth extracted. Frequently crowded teeth also are eased by extracting.

However the dentist secured them in this case, and had the natural teeth, which were shown to us, and were awaiting implantation in an antiseptic bath.

The operation proper of implantation is neither a long nor a painful one. No ether or chloroform was used. After opening the gum, under cocaine, a new socket is cut into the bony process with bone drills and without pain, except in a slight degree. A natural tooth or root is set in the bony process, and around this root new bone forms. The gum heals around the tooth, and when the operation is properly done, under antiseptic precautions, it is a lasting, serviceable tooth, as strong as any in the mouth.

A small mature root is used, one that is firm and hard in texture. The tooth is sterilized in solutions and when placed in the socket is surrounded by bone. It is held in place by fine silk threads, and becomes firm in from thirty to forty days. The operation has been indifferently done for many years, and many of the failures can be traced to the insertion of too large roots that were not completely surrounded by bone.

There are so many details in the operation that can only be explained by a specialist that I shall not go into it minutely, further than to say that the operation applies to single spaces where one or two teeth have been lost, and where there are enough teeth remaining to ligate the implanted teeth in position. There are three operations of this description.

Replantation of the natural teeth may be described as an operation wherein a tooth extracted is replaced in the same socket.

Transplantation is the insertion of a natural tooth from some other person in a socket from which the root has been recently extracted.

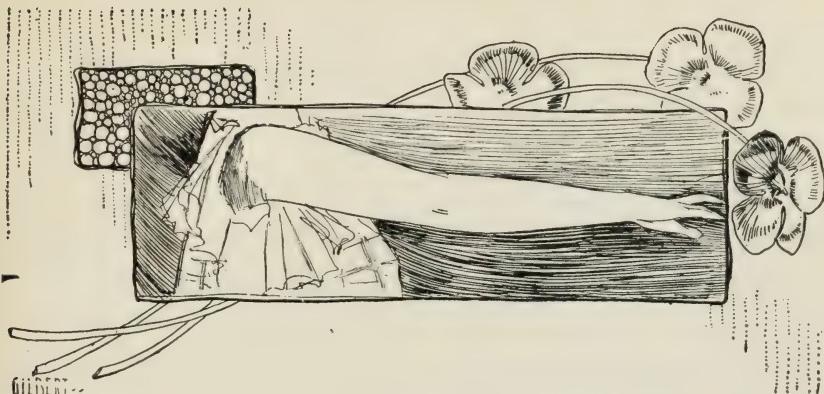
Implantation, the operation I assisted at, is new relatively and was first performed about twelve years ago. It matters not how long the tooth may have been out that is planted, or how long the socket has been closed. It is opened by the surgeon and a full natural tooth placed in its home. It is received kindly and heals quickly.

The pictures show the condition of the gum before operating. The teeth had been extracted, leaving these spaces for more than two years. The gum was opened and natural hard teeth set in. In thirty days a complete and firm attachment was formed, and now the patient enjoys the comfort of a perfect set of natural teeth.

She is unable to distinguish the implanted teeth by any peculiar sensation, and declares they feel precisely like all the others.

The dentist who performed this remarkable operation tells me that front teeth that have dropped out may sometimes be successfully replanted and that he has frequently removed a loosened tooth, treated it, and replanted it successfully.





CHAPTER XXVIII

ARMS, SHOULDERS, NECK AND BUST

In her bosom I'll unclasp my heart and take her hearing prisoner.—*Shakespeare.*

HAVE not much patience with the mothers of skinny, leathery, and bony-armed daughters, and in this, the triumphal hour of physical culture, we do not see many all-bone arms. The fashionable woman is in danger of the other extreme and of developing the lumpy arm, which may indicate an embryonic Sandow for actual physical strength, but which, from an æsthetic point of view, is what Carlyle would call "most unbeautiful."

I recently saw at an evening function "a new woman," to use the accepted phrase. She was a well-known society girl about twenty-four; she "went in" as she expressed it, "for athletics, don't you know." She wore a low, white silk gown, her face was freckled and weather-beaten, with a distinct collar mark about the throat, above which the skin was certainly four shades darker than below it. Her arms were bare also, and the muscles were

so developed that they appeared in lumpy protuberances just as those of the professional athlete are wont to do. I could not find the young lady in question attractive. She had overdone it, as we Americans are apt to do. A very well-known young man of fashion, in speaking of this maiden, said: "She's an awfully good fellow, don't you know; but one rather wishes she were not so dingy looking about the face, and that throat really needs to go to the place where you send your togs to get cleaned, don't you see."

"Twixt two extremes the golden mean" is a good motto for the enthusiast of either sex. Let us not abuse the freedom which the evolution of the new woman has accorded us. Personal beauty is impossible without good health, to be sure, and health means the bountiful enjoyment of fresh air and the rightful exercise of all our muscles, but it does not mean the destruction of all the delicacy and beauty of texture of a woman's skin, nor the fostering of lumps of muscle for the round and enchanting gentle curves of perfect feminine beauty. A beautiful arm should be round, soft, smooth, white, and plump, not fat. It should taper gently to the hand with an adorable little curve at the small delicate wrist. Many young girls have developed just such a beautiful arm from a very meager, skinny beginning. I have made innumerable pretty arms from very scant material. Here is the method:—

First of all, exercise. Calisthenics is derived from two Greek words, meaning "beautiful" and "strength" and calisthenics we must have as our first step. Exercise, never

enough to over fatigue, walking in the open air, horse-back riding, tennis, any of the ordinary methods of physical culture, with a care not to overdo. This will develop the muscles, which are the plastic material of beauty. With the fresh air, those of you who are too thin should take the diet for increasing flesh, which was given in Catherine Lane's treatment. (See Appendix A.) A month of this regimen will work a marked improvement in the contour of the arm, but the open air exercise should be a part of your daily life at all times if you wish to keep your beauty. Now for the texture of the skin. When it is coarse and inclined to be rough and even pimply, scrub the arms with a camel's-hair, large-sized bath brush, as described in Chapter V. Every night when taking your evening bath just before retiring, and after thoroughly drying your arms apply the following lotion:—

LOTION, GIANNINI

Tincture of benzoin	1 fluid drachm
Tincture of tolu	20 drops.
Rose water	1 pint.

When the arms are unusually thin, it will be well to try massage for them—not too violent—but gentle, deep massage. Let the operator rub the Skin Food, for which I have previously given formula (Chapter XXIII.) well into the skin during the treatment.

In the course of a month, the rough skin sometimes called goose flesh will have disappeared; you may then use the following lotion to make the arms white and pretty:—

LOTION FOR WHITENING THE ARMS

Pure glycerine	1 ounce.
Hydrochloric acid, specific grav. 1 16 .	1 Imp. fluid drachm.
Rose water	2 fluid ounces.
Bichloride of mercury (crystals) . . .	6 grains.
Distilled water	4 ounces.
Alcohol	2 ounces.

Dissolve the bichloride of mercury in the alcohol, then add the other ingredients. Keep in a tightly-stoppered bottle away from the reach of children. This is a well-known pharmaceutical preparation, highly indorsed, but is intended for external use only.

Girls with uncomely arms, disfigured by redness or blotches, may improve their appearance very much by the following lotion :—

Powdered borax . . .	3 drachms.
Glycerine	$\frac{3}{4}$ ounce.
Elder flower water . .	12 ounces.

This lotion is fragrant as well as efficacious.

Superfluous hair on the arms is to be deplored, but it is certainly not such an affliction as on the face. Do not be led into the belief that the scrubbing brush will increase the growth of hair on either your face or arms.

The contrary effect is produced by the brush which rids the pores of the skin of the greasy secretions which are the life and luxuriance of the undesired hair.

Frequently, by the use of a good, pure soap and a brush alone, the hair on the arms will disappear, and I know of nothing except the regulation depilatory for taking off the hair immediately. I should never recommend it except in very extreme cases.

Once in a while one happens to meet a poor girl who cannot bare her arms because of a growth of thick, black, stiff, wiry hairs. No one can blame her for wanting it off at once. All depilatories should be carefully used. The following is effective for the arms and may be applied to the skin. Operate upon a small space at each application:—

DEL CROIX'S POUDRE SUBTILE

Orpiment	1 ounce.
Quicklime	10 ounces.
Starch	13 ounces.

Reduce each ingredient to a fine powder, mix and keep the mixture in a closely-stoppered bottle. When you wish to use the depilatory, take a little from the bottle and add a drop or two of warm water, barely enough to make a paste. Now apply to the hairy skin. As soon as the paste dries, or even sooner, if much smarting occur, wash it off and the hair will come off at the same time. If the skin seem inflamed, use a little cold cream or ointment to allay the burning.

The rough skin which appears on the upper forearm can be made smooth by scrubbing and using a pumice as well as ordinary pure toilet soap. This treatment may cause a slight superficial irritation, but it will not last long, and the following or any of the healing lotions heretofore advised will allay the effect of the rather heroic treatment.

LOTION FOR SLIGHT SKIN IRRITATION

Pulverized borax	6 drachms.
Pure glycerine	$\frac{3}{4}$ ounce.
Orange flower water	12 ounces.

Mix and bottle.

This is a delightful wash for any slight skin affections, and may be used with most soothing effect for children when sun or wind burned.

Vaccination scars upon the arms are not beautifying, but I cannot indorse the much-vaunted method of removing them by surgery. They are less unsightly than a scar from an abscess or sore, because the association is quite different. Of course it goes without saying that all little girls nowadays are vaccinated upon the leg.

Nothing but exercise of the arm muscles will prevent the arm of womankind from growing soft underneath near the shoulder, and exercise alone will harden it once it has become flaccid. The condition is one which betokens years, but it can be defied. The first four of the dumb-bell exercises and Indian clubs are excellent for developing the relaxed muscles. (See Chapter XXXVI.) Use also the following astringent wash daily:—

ASTRINGENT LOTION

Pulverized alum	1½ drachms.
Distilled water	1 pint.
Glycerine	1 ounce.
Rose water	4 ounces.

Deep, brisk massage will also aid in developing relaxed muscles. The neck and throat are more beautiful in woman from her early prime to her ripe maturity; that is to say, the girlish beauty of a youthful neck is not so much in the lines, which are usually a little sharp, but in the general air of innocence and sweetness, and also of delicacy, which is ever associated with the slender white column of the virginal throat and dainty shoulders. It is the full-blown woman of thirty who is *éblouissante* when the splendor of her neck and bust are revealed. It is a mistake to consider either the elongated, crane-like neck

or the short, stocky throat which resembles the frustum of a cone, as the model of beauty. The neck is properly the column of the head and when quite symmetrical should be a little wider at the base and at the top with the gentlest of inward slopes toward the middle. It is a curious fact that so many women learn to use their feet and hands gracefully and expressively, and never seem to consider that the neck is most eloquent in its gestures. We are too many of us stiff-necked or wabbly-necked or we crane our necks. Very, very few are the graceful-necked women of our times.

Every woman dreads to see the muscles relaxing under her chin, and the first signs of age are those that come with the flabby throat which follows this condition of the muscles.

Mme. Marchesi, the famous teacher of singing, is over seventy years of age, and her throat is as white and firm as that of a young girl.

The writers declare that they cannot tell how she has preserved this beautiful throat.

There is really no secret about it. All great singers have maintained the firmness and beauty of their throats because of the exercises the muscles get from vocalization. For this reason, women with thin, scrawny throats and contracted chests, should take voice culture.

Mme. Lehmann, who acknowledges to her fiftieth birthday, is a living proof of the effects of exercising the vocal cords.

Mme. Lehmann's throat is that of a woman of twenty-five — beautiful, firm, white and symmetrical.

In London some years ago I heard an Englishman say that he used to willingly pay his two guineas for a seat at the opera where he could watch Lady Randolph Churchill's graceful neck and head. I cannot teach you from this distance how to hold your heads, but you have the great artistes Sara Bernhardt, and Emma Eames for models of the nineteenth century and the Greek statues for the standard of antique beauty. It is an undoubted truth that the neck and throat of a high-bred woman are incomparably more beautiful than in the woman of lower origin. Blood will tell; there is no disputing it.

The shoulders of perfect loveliness should be neither wide nor meanly contracted, but of medium width and should droop or flow into the arms in a graceful undulating curve. Square shoulders are not pretty, nor are they womanly. Of late years, the metal trimmings about the necks of our bodices have often resulted in dark, sometimes almost black stains around the throat. Soap and water will have little or no effect upon such discolorations, but I have not failed to remove them by a wash composed of a weak dilution of hydrochloric acid—about one fluid ounce of the acid to nineteen of the water. The two circles or rings around the throat which frequently mark the thirty-fifth year, particularly of a plump beauty, may be lightened or sometimes removed by wearing looser neck bands and by gentle but frequent manipulations. The present choking style of neck arrangements is ruinous to the beauty of the throat, which should have unrestricted liberty.

During the season of sea bathing the neck and throat are very likely to become brown or yellow through exposure to the sun. They may be beautifully whitened by the application of the following paste:—

Honey, one ounce; lemon juice, one teaspoonful; oil of bitter almonds, six drops; the whites of two eggs and enough fine oatmeal to make a smooth paste.





WILBERT⁹⁹

CHAPTER XXIX

ARMS, SHOULDERS, NECK AND BUST — Concluded

Cleanse the stuffed bosom of that perilous stuff.— *Macbeth*.



OME of my readers will perhaps recall the padded busts of twenty-five years back. I remember quite well that no woman was considered of fine figure about the time of the reign of the Grecian bend and tilters without a correspondingly abnormal development of bust. I have a cousin who rejoiced in a waist measurement of eighteen inches, a bust which called for forty-four inches room, and when this young lady honored my mother's home with her magnificent presence, waist, bust, Grecian bend, tilting skirts and high-heeled French shoes, I was the most humble of her adorers and used to pray heaven that some day, some wondrous, beautiful day, it might be my fortune to resemble her.

It seems scarcely necessary to say a warning word concerning pads, for no dressmaker of renown will at present countenance them. They are responsible for many

diseased and broken down women and I think, despite our exaggerated and ridiculous *fin de siecle* fashions of the present time, we have much to be thankful for in the extirpation of false busts, palpitators and kindred consumption breeders.

We no longer delight in forty-four inch busts, but we were not much less absurd in our recent shoulder monstrosities. Modern fashion decrees that the average measurements of a finely formed woman in perfect health should be: Circumference at the level of the nipple, 32 inches; from nipple to nipple, one-fourth of the circumference or 8 inches; waist measure from 28 to 29 inches.

The best method for developing the bust is vocal culture combined with massage and frequent ablutions. I beg particularly to warn women against the use of the glass cup for the development of the breasts, as I have personally seen several serious glandular swellings and abscesses produced from its use. For decreasing a too abundant—or as the French term a too fleshy breast—Monin authorizes the following, which is called the “Kisch Treatment.” First the breasts are to be anointed with the following:—

Pure deodorized iodoform	1 part.
Vaseline	2 parts.
Essence of peppermint	11 drops.

Then cover the breasts with hot linen cloths dipped in the following lotion:—

Pulverized alum	1 part.
Acetate of lead	15 parts.
Distilled water	20 drops.

Over the cloths lay oiled paper and leave the whole on from ten to twelve hours. This treatment should be continued for several weeks.

Where the bust development is very small, and there is no ravaging disease, it can be increased by exercise, vocal culture and bathing in warm water. The unguent used for massage should be of a tissue-feeding nature. Many such formulas have been given elsewhere.

Decrease in the space between the tips of the breast is a very bad indication,—it too often means consumption of the lungs. In such cases, many a life may yet be saved by the inhalation of compressed oxygen gas. A special compound is now prepared for such patients, and most wonderful are the effects. The almost immediate chest expansion produced by the inhalation of compressed oxygen will be attested by every physician.

TO MAKE THE BUST FIRM

Orange flower water	1 pint.
Distilled water	4 ounces.
Tincture of myrrh	$\frac{1}{3}$ ounce.
Tincture of benzoin	$\frac{1}{3}$ ounce.
Tincture of quillaya	$\frac{1}{3}$ ounce.
Essence of bergamot	1 drachm.
Almond milk	1 ounce.
Rectified alcohol	1 ounce.
Essence of pink	1 drachm.
Powdered alum	90 grains.

LINEN COLLARS AND PRETTY NECKS

Every girl and woman has thanked her lucky stars for the shirt waist within the past few years, and indeed, there is no one garment that deserves so much commendation at our hands.

I am the last person in the world to abuse the crisp shirt waist, but I am bound to say that the high, stiff collar, without which it is incomplete, is very destructive to pretty throats.

A shirt-waist girl, after an acquaintance of, say six months, with the high, stiff, linen collar, will be very apt to discover a number of small parallel lines forming just under the chin. These are not the lines which are called the Venus bracelet by the French, and with the circle about the throat of plump women, making their appearance about the thirty-fifth year. They have nothing to do with the lines of age, which are accompanied by the flabby, loose, double chin of many women in the sixties, although they do resemble faintly the claw-like furrows of the veteran.

The lines of age are caused by flaccidity and weakness of the muscles as well as by an attenuation and absorption of fat.

Collar lines betoken a rigidity of the muscles which have been constantly exerted and exercised in the involuntary effort to accommodate the neck to the fashionable style of dressing.

I should be very glad, were I able, to suggest a remedy for these unfortunate and beauty-destroying creases in fair throats, but I do not honestly think there is any way of preventing the formation of such lines if the subject continue to wear the stiff, high collar for hours daily.

To be sure, these blemishes are not in evidence except when the wearer of the collar changes her style of dress-

ing and assumes a low-cut gown. Then she will certainly be at a disadvantage when compared to the girl who has never yielded to the fashion of encircling the throat with a bit of starched linen which holds it as though it were in a vise.

On the other hand, the high-collared girl has the satisfaction of knowing that she is the trimmest, trimmest and crispest of up-to-date maids, every day of her life.

Many readers will like to know if massage would not counteract the effects of the stiff collar. Massage, with the rotary motion, accompanied by frequent ablutions in hot water, will possibly have a slightly retarding effect, but I do not think that fifteen minutes of massage daily will do very much in the matter where the muscles are stretched for eight or ten hours of each day—continuously stretched so that they form the objectionable lines.

Many women have written me also asking about the discoloration of the skin which comes under the collar, and which is unquestionably caused by it. There are two reasons for this discoloration. The close-fitting collar keeps the air from the throat, impeding ventilation, and restricting circulation somewhat. The result of this restraint is soon noticeable in the change of texture and color of the skin, which becomes yellow and distinctly thicker than the cuticle either above or below the collar lines. Sometimes, but rarely, the skin will be affected by a certain starch which is used in some laundries, and which is very detrimental in its results. The following formula is an excellent one for removing the yellow

stains caused either by stricture of the linen or the starch:—

Bichloride of mercury 12 grains.

Distilled witch hazel 2 ounces.

Rose water 2 ounces.

Apply with a small sponge to the yellow surface once a day.

It must be recollected that bichloride of mercury is a dangerous poison, and while perfectly proper to use as an external lotion, as here advised, should be kept out of the reach of children and ignorant persons.

PREMATURE DOUBLE CHIN

The best treatment for the double chin, as well as for the premature lines caused by high neck dressing would consist of abolishing the stocks and collars that have caused the trouble, but I do not expect miracles.

The neck movements here illustrated if practiced daily for ten or fifteen minutes will serve to undo in part the injury created by high collars.

In practicing the movements illustrated, the subject should wear a loose gown entirely free at the throat, and should have fresh air.





CHAPTER XXX

THE PERFECT WOMAN

All her perfections challenge sovereignty.—*Henry IV.*

GET out your tape measures. If you are symmetrically formed you will find out by first accurately measuring your nose. The height of your head should be just four times the length of your nose. This is a little rough on pugs and turned-ups, but it is true art and if you are a Venus you will correspond to these rules. If you are not, you are fortunate in living at a time when defects of physique are remedied by natural and wholesome methods.

Your height should be eight times the length of your head, and you should divide up like this:—

HEIGHT

1 Head — From crown of head to bottom of chin.

$\frac{1}{2}$ Head — Bottom of chin to top of sternum or breastbone.
(258)



THE HARMONIC POISE

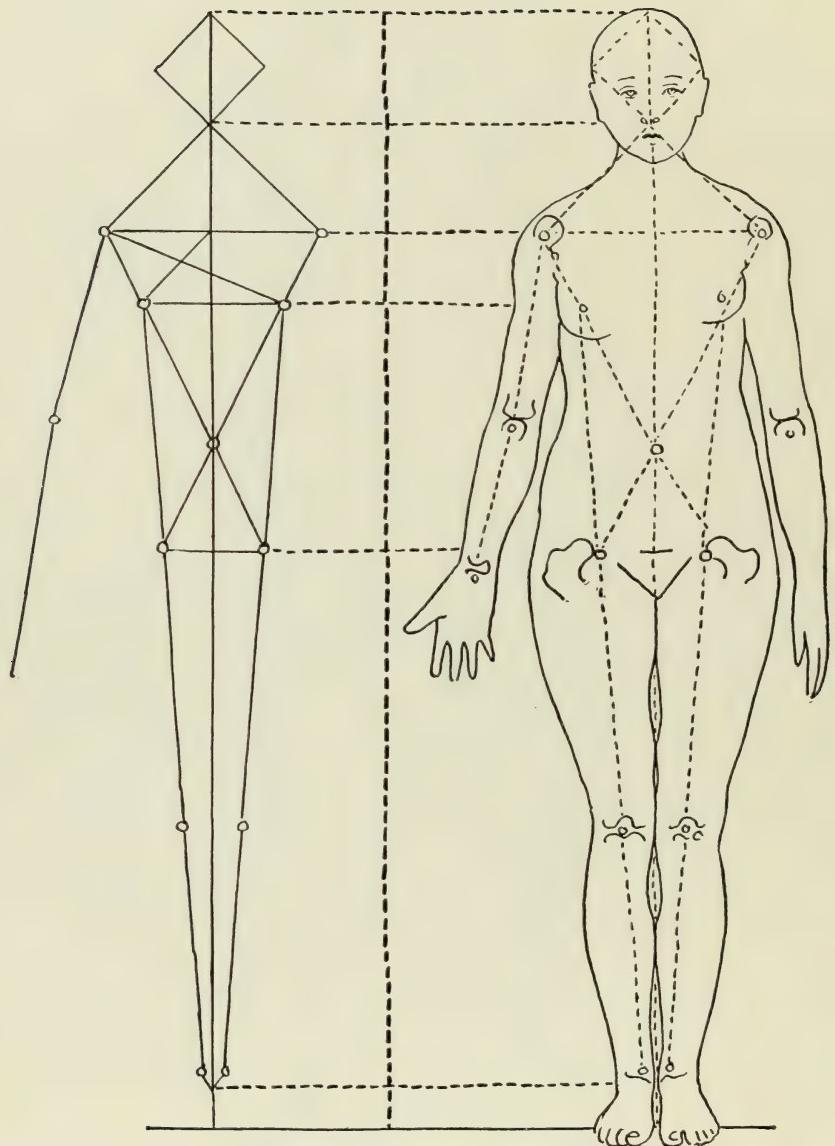


DIAGRAM OF NORMAL FIGURE

THE LEGS OF THE PERFECT WOMAN SHOULD MEET AT FOUR POINTS

- $\frac{1}{2}$ Head — Top of sternum to bottom.
- 1 Head — Bottom of sternum to just above the navel.
- 1 Head — From just above navel to fork or beginning of lower limbs.
- 1 Head — From fork to middle of thigh.
(Note) Middle finger reaches just to middle of thigh.
- $\frac{1}{2}$ Head — Middle of thigh to top of knee.
- $\frac{1}{2}$ Head — Top of knee to bottom of knee.
- $1\frac{1}{2}$ Heads — Bottom of knee to small of ankle.
- $\frac{1}{2}$ Head — Small of ankle to sole of feet.
Total — 8 heads.
(Note) The American woman averages $7\frac{1}{2}$ heads.

WIDTH

Neck	$\frac{1}{2}$ head.
Across chest to setting on of shoulders	$1\frac{1}{2}$ heads.
Across shoulders	$1\frac{1}{2}$ heads.
(Note) This forms an equilateral triangle with the navel.	
Chest between arms	$1\frac{1}{2}$ heads.
Waist	$1\frac{1}{8}$ heads.
Hips	2 heads.
Thigh	$\frac{3}{4}$ head.
Hand	$\frac{3}{4}$ head, <i>i. e.</i> , size of face.
Top of knee	$\frac{1}{2}$ head.
Bottom of knee	$\frac{1}{2}$ head.
Calf	$2\frac{1}{2}$ noses.
Small of ankle	1 nose or quarter of head.

A celebrated German writer has recently given the following requirements of the perfect woman. I reprint them that my readers may know in how many particulars they can conform to the laws laid down, and that perhaps they may see some way to develop more of these beauties in their daughters.

GOOD POINTS.	BAD POINTS.
Slender, fine bones.	Heavy, thick bones.
Round limbs.	Angular limbs.
Full breasts.	Flat breasts.
Broad pelvis.	Small pelvis.
Luxuriant, long hair.	Thin, short hair.
Smooth lips.	A moustache.
Thin, soft skin.	Thick, hard skin.
Round skull.	Angular skull.
Small face.	Large face.
Large, deep eye sockets.	Small eye sockets.
High, small eyebrows.	Lowering, bushy eyebrows.
Narrow hand with long index finger.	Plump wrist.
Rounded shoulders.	Broad hand with long ring finger.
Straight, small collar bone.	Bony shoulders.
Hollows over the loins.	Curved, thick collar bone.
Round, thick upper thigh.	Even over the loins.
Rounded calf.	Thin, flat thigh.
Slender ankle.	Thin calf, and angular.
Thin foot with thin toes.	Heavy ankle.
Second toe long, fifth toe short.	Plump, fat foot with broad toes.
	Great toe longest, fifth toe prolonged.

These secondary characteristics dependent largely upon disease, clothing and food, are noteworthy:—

SYMMETRY OF UPPER AND LOWER BODY.	DISPROPORTION OF UPPER AND LOWER BODY.
Normal weight.	Too heavy or too light.
Shining, elastic skin.	Dull, hard skin.
Even muscular development.	Poor muscles.
Slender joints.	Thick, swollen joints.
Well-formed upper lip.	Prominent upper lip or too thick.
Even, regular teeth.	Projecting teeth.
Slender, straight nose.	Broad, pug, flat nose.
Round chin with dimple.	Sharp, or double chin.
Flat, round stomach.	Protruding stomach.
Arched back.	Flat back.
Rounded elbows.	Pointed elbows.
Long, slender hand.	Short, broad hand.
Long second finger.	Long fourth finger.
Arched, long nails.	Flat, short nails.
Slender, long feet.	Plump, broad foot.
Straight great toe.	Great toe turned inward.
Longer second toe.	Longer great toe.

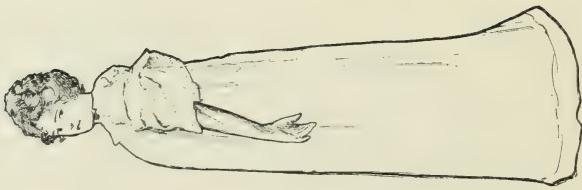
THE GIBSON TYPE MEASURES BUT THREE AND A HALF NOSES

A. GILBERT

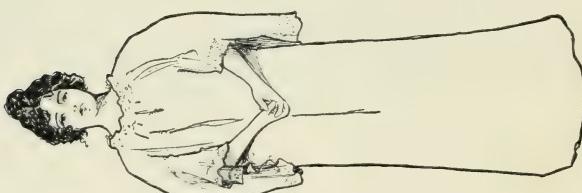
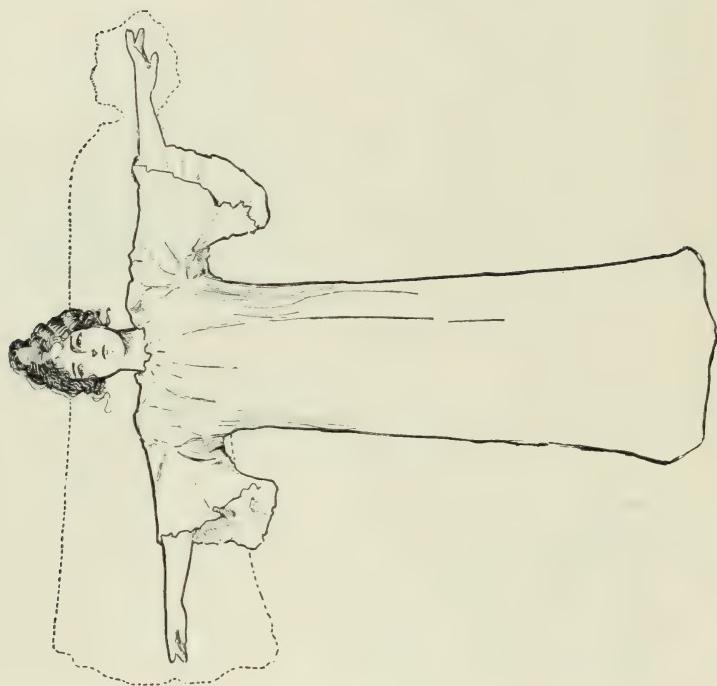


THE STRETCH OF THUMB AND SECOND FINGER SHOULD
JUST MEASURE THE FACE
(263)





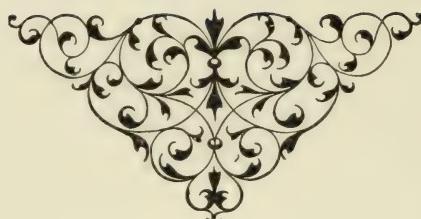
ARMS SHOULD HANG HALF WAY DOWN THIGH



PROPER HEIGHT IS
8 HEADS
(264)

This list is extremely interesting and valuable to any woman with an earnest desire to make the most of herself. True there may be a few particulars in which she is past mending. Thick bones, an angular skull, and small eye sockets for instance are fixed factors in the problem and will admit of little or no change. Yet there remain so many important particulars such as the complexion, figure, hair, teeth, etc., in which we may improve ourselves that the "points" are worth insertion in the creed of the progressive woman for her own use and for the benefit of some growing girl in whom she may be interested. Few of us, indeed, can check off our charms, without a break, down the entire list. On the other hand there is no one of us who can not justly lay claim to a few of them—some, to many. Even if we are not so well endowed as could be desired, there is no reason for despair, not even for discouragement, for a woman may be remarkably beautiful and superlatively attractive without conforming in a marked degree to the German standard or to any other. Women of pronounced loveliness may vary widely from a fixed standard and from each other, in proof of which it is only necessary to inspect the series of portraits here presented as "National Types," also the famous beauties of the past and present who differ well-nigh as widely as do the flowers of the field. From Helen of Troy to the latest French beauty, Dortzal, they are flowers all, in God's field. Yet even their mere physical beauty, enticing as it is, will not permanently avail in the absence of those better attributes of wholesome cleanliness in life and morals without which the flower

finally withers. Better indeed than beauty alone, is the possession of a few of the foregoing technical requisites supplemented by cleanliness, neatness, fastidiousness, care in matters of the toilet, combined with engaging manners and gentleness of disposition. These charms will make and keep a woman queen of her realm even though her reign exceed that of Queen Victoria.





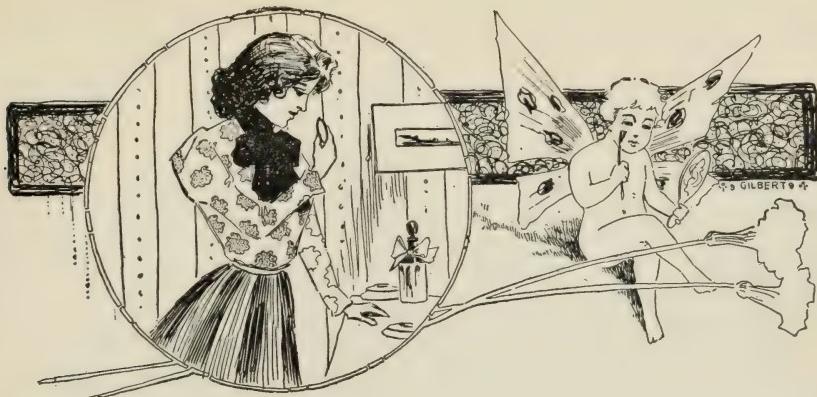
THUMBS AND SECOND FINGERS SHOULD EXACTLY CIRCLE THE THROAT



THUMB AND SECOND FINGER SHOULD JUST MEET
AROUND THE WRIST



THIS MEASUREMENT SHOULD GIVE THE PROPER LENGTH
OF THE FOOT
(268)



CHAPTER XXXI

THE CORSET

The glass of fashion and the mould of form.—*Hamlet*.

THE cultivated waist. That is what they call the twenty-four inch waist in England when it is compressed so that it may be girdled by an eighteen-inch leather belt.

Cultivated forsooth! They may require coaxing in merry England, but we do not need schooling in waist torture in this glad land. We want it understood that we take to squeezing our waists naturally. Ninety-nine girls out of one hundred, pass through the self-infliction, waist-squeezing period before they have reached one and twenty—the age of responsibility.

Many of them continue to crowd and jam their internal organs beyond the years allotted to ignorance and youth. Sometimes we have the pitiful spectacle of stout

old ladies girded into the tightest kind of quarters around the belt.

Usually it is the very young thing and the married belle who affect the wasplike dimensions that are so unpleasant to contemplate, so excruciatingly painful to endure.

The artistic standards of beauty require that the waist should be twice the size of the throat. Therefore, if one's throat measure twelve and one-half inches one's waist ought to measure twenty-five.

The Venus de Medici, supposed to be a perfect type of feminine beauty, is only five feet two inches high. She has a waist of twenty-seven inches. The wasp waist is not only unpleasant to look at, but it is accountable for many of the ailments of women, which result for life in impaired digestion, circulation, and respiration.

No woman can have a good complexion where the vital organs are packed away inside a corset four or five inches too small for her.

The woman who laces herself into the shape of an hour-glass presumably does so because she considers it enhances her beauty. Goodness knows why she considers it fascinating to resemble an insect of the wasp species, but obviously she does.

I read somewhere that the tightly-laced woman always imagines herself peculiarly sylphlike and graceful. Well, why? All we know about sylphs is obtained from reading about them, and from gazing at their alleged portraits. I presume to say that I have seen all the noted

pictures of the entire collection of sylphs. Certainly I have gazed at ladies of a very early vintage who were listed under the alluring guise of nymph, sylph, siren, goddess or Venus, and warranted the genuine article. But I cannot recall one--no, not even one sylph, not a single Venus, nor even a second-rate goddess, with an eighteen-inch belt measure.

So it is manifestly absurd to compare the cultivated waist of our English cousins, which we have not copied, but taken to without aid or instruction from our elders across the sea, with the waist of poetry or canvas.

I think, however, that the men are to blame for the revival of the wasp waist. For there is a revival in active effect this moment. The new figure came into fashion about a year ago. The corset that produced this so-called new form of womanhood claimed to be so constructed that the wearer could reduce the size of the waist from three to six inches.

Well, I am acquainted with men who should have known better, and who rave about the new figure. One male of my acquaintance told me recently that a certain woman who immediately adopted the corset warranted to compress your figure, has a perfect figure, and then he described it:—

“Such an exquisite figure,” he said. “She has a waist you can span with your hands and magnificent shoulders, broad enough for a man.” Five minutes later he was declaring that “women nowadays were a broken-down lot of nervous, hysterical creatures who should be forced to go into hospitals and rest cures so as to relieve the

well members of society in general from the strain of sympathizing with, and caring for them."

I was tempted to ask why this all-wise person did not reflect a little on the law of cause and effect.

The truth is, that a slender, trim waist is pretty, and that a squeezed waist is not. Now, there are ways of attaining a slender waist—healthful, wholesome ways. Such a waist will, to use the slang of the period, be the real thing, while the squeezed waist will always be a deformity.

Nothing sooner destroys a woman's freshness and the flesh-and-blood beauty of womanhood, than diseased and disordered nerves. There never was an agent conceived so diabolical in its effects upon the nervous system, as the corset that ingeniously deprives a woman of the proper functioning of every vital organ of her body.

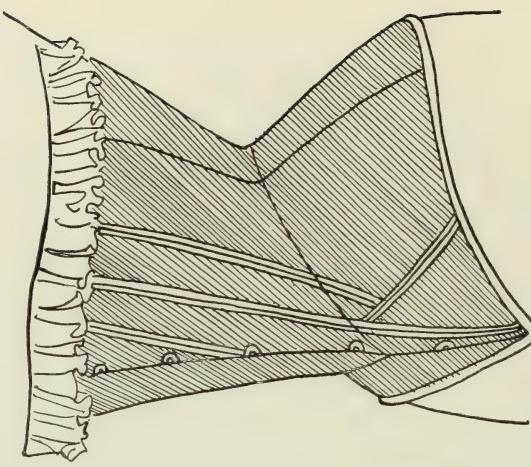
I am no advocate of so-called dress reform, which is usually merely the fad of a man or woman who has become a crank over some supposed discovery of rational dress.

There has been a great deal of nonsense, written and spoken, for and against the corset. This being a free country, there is no reason why women who prefer to go about without stays, whether from physical reasons or moral convictions in the matter, should not be allowed to follow their own sweet inclinations.

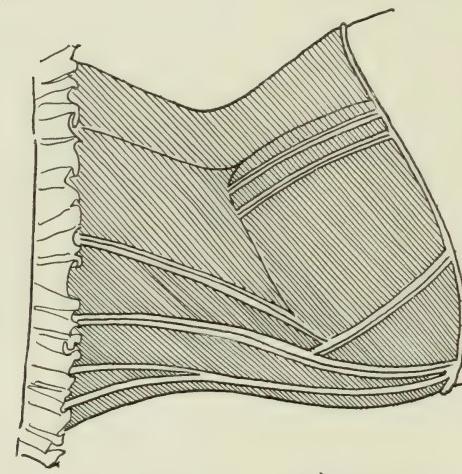
Personally, I consider a well-fitting, properly constructed corset a blessing. I have experimented with substitutes, claiming to be æsthetic, hygienic, and elevating morally, and I have suffered, been made hideous to look upon, and certainly have not been improved in temper as a result.



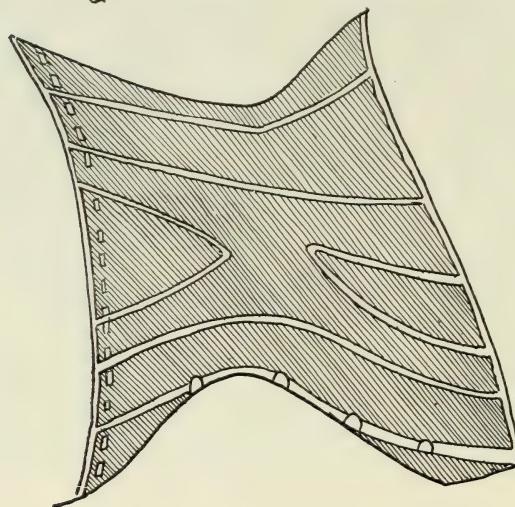
THE "TORTURE" CORSET
FROM PHOTOGRAPH
POSED BY MISS CALIDIA



CORSET FOR SLENDER WOMEN WHO WISH
THE NEW FIGURE



NO. 2—SAME WOMAN WITH PROPER FITTING
CORSET



NO. 1—THE MIDDLE AGED WOMAN WITH A
BADLY FITTING CORSET

There are, of course, some slight, willowy women who can do without the support of a corset. They are the very, very rare exceptions.

Take for example Mrs. Leslie Carter as one of them. Mrs. Carter wears a little girdle about her waist, which is all she requires, her figure being naturally slender, and the physical culture which she has received in her years of hard training has given her extraordinary liteness and poise.

But the average woman has neither Mrs. Carter's figure nor has she had the benefit of long, persistent and harmonious physical training.

This everyday woman requires a corset.

To show what corsets will do for a woman's figure, I induced a lady not long ago who was, by the by, wearing a most hideous corset herself, to have photographs taken with the object in view of demonstrating the effect of the corset as a factor in a woman's appearance.

When my friend had the photograph taken (which is reproduced here and marked No. 1) she wore the corset of her own selection. Every woman who sees this picture will recognize the figure as one she knows very well.

No. 2 shows the same lady with a proper and well-fitting corset. This corset, I may add, is not heavily boned, but it is cut so that the ugly curve at the waist is entirely suppressed, and the objectionable embonpoint, caused by the wretched form of the old corset, has disappeared.

No. 3 is a photograph of another subject in a French corset, which is intended to give a slimness to the figure.

I do not think this corset adapted for any but very slight women, and I did not suggest it for my friend. The length upon the hips would not be comfortable for a woman of her size.

I believe in a simple corset—not the corset coffin. The novel, boneless, ribbon corsets of Yvette Guilbert are all that are necessary to support the busts of slender women, young or old. Even stouter women look better in an easy-fitting corset that does not press the adipose tissue below or above its confines.

The great mistake American women make is in buying corsets without trying them on and securing a proper fit.

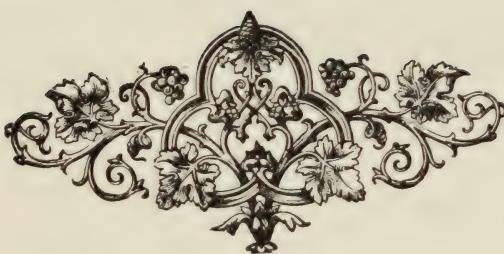
No French woman ever thinks of purchasing a corset from the counter. She tries her corset on, and she is never satisfied until she secures a stay that is not only comfortable, both for sitting and standing, but one that gives her figure graceful lines, while it allows her to breathe easily and to walk without the appearance of being hampered in any way.

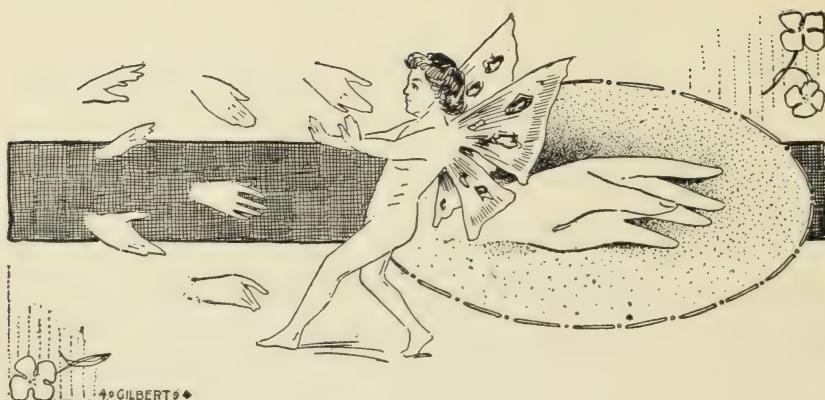
Be very certain, dear reader, that the hour-glass waist—or to use the descriptive term of the fashionable London modiste, the “cultivated waist,” which is at present in vogue (to a limited extent only, I am glad to say), will mean disease and loss of beauty to the foolish women who follow a fashion which makes a travesty of the human form. And recollect that unfortunately the harm done by tight lacing is often entailed upon a succeeding generation.

Women, not afflicted with obesity, who regard their health are wearing corsets that are corsets in name only.

In reality they are only satin or taffeta girdles, boned; and laced in the back and over the hips. They come in black and white, and all the new shades of pink and yellow.

In one of these girdles a slim figure appears to advantage, but woe betide the buxom matron who attempts them.





CHAPTER XXXII

THE HAND

Her hand
In whose comparison all whites are ink.
— *Troilus and Cressida*.

THE artistic hand with its delicate, tapering fingers is like the poet "born not made," and every woman may not hope for this ideal "second face" as the hand has been cleverly called, but there are no hands pertaining to womankind really barred from a greater or less degree of beauty. Care and scrupulous cleanliness are soon repaid in the toilet of the hands. Even the housewife who must perform on occasion do rough, manual work, is included in this statement. It is more or less true that it takes five generations to form an absolutely partician hand, but I do not agree with even so great a master as Balzac that "persons of superior intellect *always* have beautifully formed hands." "There is a beauty of the Sun and another beauty of the

Moon," I have seen intellectual men and women who had not beautiful hands, and empty-headed ladies and gentlemen who *had*. To all my readers who may be so fortunate as to have little children growing up about them, I beg to say a word as to the importance of the early and great care the little hands require. (See Chapter XLII.) Children form habits most destructive to the beauty of both hands and feet unless corrected. I have never been able to understand why we do not teach our children to be ambidextrous instead of early inculcating in them the practice which renders the left hand, compared to the right one, an almost useless member. Doubtless a few generations ahead of us will appreciate the advantages of ambidextrousness, and it will then be the occasional person who will excite comment by being "right-handed."

From birth, the tiny fingers should receive careful attention and the little nails should be cut in an oval form which will aid developing tapering points. It is ruinous to permit children to bite the nails; the best remedy is to rub a little extract of quassia on the finger tips each time the hands are washed. The bitter taste is very unpleasant, but harmless, and the habit is soon broken, if the treatment be persistent. Many grown women, as well as children, are really afflicted with rough hands. Often this condition is produced from carelessness; sometimes however, the skin is extremely susceptible. In washing the hands, use a pure soap containing no free alkali, and always rinse all the soap carefully and thoroughly away. If soap be irritating, as it sometimes is, no

matter how delicate or pure, try the following paste called by the French "Amandine." It will be found delicious and very healing.

AMANDINE

Put in a large marble mortar two ounces of gum arabic, and six ounces of white honey; triturate, and when the mixture has been rubbed into a thick paste, add three ounces of perfectly neutral almond shaving cream. Then continue the trituration until the mixture has become homogeneous. Two pounds of fresh, cold, pressed, sweet almond oil are next allowed to flow from a can above it into the mass; otherwise, if it enter in too large quantities, the blending is imperfect, and the amandine becomes oily instead of jelly-like and transparent, as it should be when the manipulation has been skillful. The perfume consists of one-half drachm of attar of bitter almonds to every pound of paste. A little attar of roses may also be added. As soon as finished, it must be put into earthen jars and closely sealed.

This is a delightful compound, but it is a little difficult to make without laboratory appliances. Unless you wish it for continuous use, it will be better to purchase it. Take care not to buy the dark-colored so-called "Amandine." It should be a pure, creamy-white paste.

Almond meal has been in use for the toilet by French women for years. It came into vogue about a decade since in America, and is easily made at home. Proceed as follows:—

ALMOND MEAL

Almond powder	1 pound.
Cuttlefish bone (powdered)	5 ounces.
Curd soap (air-dried, powdered)	2½ ounces.
White castile soap, (air-dried, powdered)	2½ ounces.
Orris root (in fine powder)	1½ ounces.

Mix and pass the whole through a fine sieve.

Another excellent compound for whitening and softening the hands is called "Honey Paste." This requires no skill to make, and is delicate and efficacious:—

HONEY PASTE

Rub together one pound honey and the yolks of eight eggs; then gradually add sweet almond oil, 1 pound, during constant trituration, and work in bitter almonds, blanched and ground to meal, 8 ounces; finally perfume with attars of bergamot and cloves, each 2 drachms.

Chapped hands are common to persons with poorly circulating blood, or to women who are obliged to frequently immerse their hands in either cold or hot water. Many suffer intensely from chapped hands during the summer months as well as in cold weather. In such cases, do not expose the hands to sharp winds nor to out-of-door cold without gloves. I do not approve of wearing gloves indoors unless the hands are so badly chapped as to almost bleed; then anoint them with cold cream and cover them with gloves three sizes too large. It is a serious mistake to wear tight gloves on any occasion, but for chapped or rough hands, the gloves should be as loose as possible. Anything that impedes the circulation of the blood in the slightest is detrimental to the texture of the skin. It is not always agreeable to use cold cream. The lotion here given is a good substitute:—

LOTION FOR CHAPPED OR ROUGH HANDS (VIGIER)

Rose water	100 grammes.
Glycerine	20 grammes.
Tannin	50 centigrammes.

Mix thoroughly. Moisten the hands with a few drops when required. This formula is also excellent for chapped lips.

Occasionally some disturbance of the blood will produce an intense itching of the hands. It may be at once allayed by the following wash highly recommended by Monin:—

WASH FOR ITCHING OF THE HANDS

Milk of almonds	500 grammes.
Hydrate of chloral	4 grammes.
Tincture of poppies	5 grammes.

Apply a few drops to the parts affected.

Twenty-five years ago, there were I think, but two professional manicures in this country, though in Europe the luxurious classes commonly employed them, and the Parisienne has always devoted much time and care to the beauty of her finger tips. About ten years ago, I took a course of manicure lessons in Paris from the niece of the original manicure, Sitts. This lady is now upward of seventy years of age, for she has been an “artiste of the hand,” to use her own words, for nearly half a century. Even in those days she was not over youthful, but she was coquettish to the last degree, and used to quite overpower me during my lessons, not only by her toilettes, which were extremely girlish, but by her easy and airy style of conversation. For example, she would always speak of H. R. H., the Prince of Wales, as “*Ce cher Prince*”—when I treat his nails I say to myself—“here at least is a hand worthy of a Sitts”—or “Madame must pardon me if I cannot give her a seance to-morrow. His Grace the Duc of — attends a garden party at three. I shall be blamed indeed if his hands are not a credit to the house of Sitts.” I used to return from my lesson feeling that I

had *almost* associated with royalty. In spite, however, of this element of the ridiculous, and also of the dear old lady's extreme snobbishness, I learned a great deal from her of the care of the finger nails, and I unlearned the greater part of the art of manicuring which I had acquired in America, and which in many may be better termed the art of ruining the finger nails and fingers.

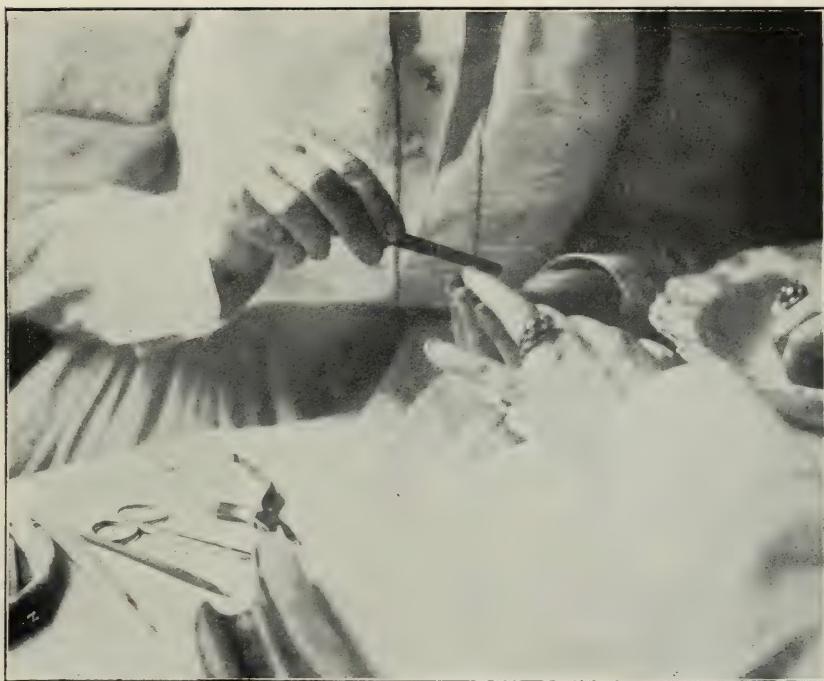
Manicuring was originated and developed by Monsieur Sitts, my old lady's uncle, who was King Louis Phillippe's pedicure. In taking care of the royal feet, M. Sitts showed such skill that his Majesty one day asked him to remove an agnail from one of his fingers. Sitts performed this operation so cleverly that the royal client thereafter employed him, and the title "Manicure" was added to "Pedicure." Manicure means, as doubtless all my readers know, care of the hands; pedicure, care of the feet. The Sitts method does away with cuticle knife and mineral acids for whitening the nails. It also substitutes an orange-wood stick sharpened for cleaning the nails instead of curved scissors, and a bit of chamois skin does duty for polishing, and is substituted for the buffer used in this country. The manicure set of the most fashionable and fastidious French woman therefore consists of:—

- 2 clippers, one for cutting the nails of each hand.
- 1 small parcel of orange-wood sticks.
- 1 square of chamois skin.
- 1 box of rose-colored ointment.
- 1 box of nail powder.
- 1 velvet file.

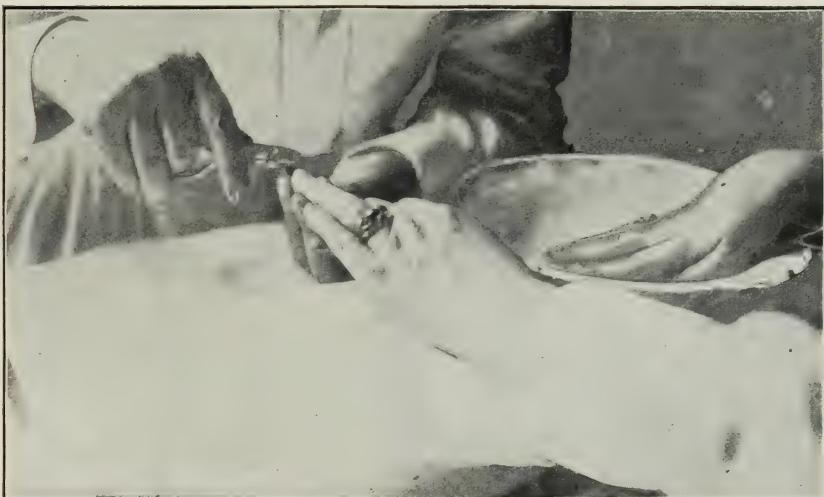
This reduces the cost of manicure implements very much, and the most beautiful results are certainly obtained

by the Sitts method. It is the common and pernicious practice in America to cut the selvage skin which borders the nail inside, and which is intended to protect it. The Sitts method totally condemns the use of steel either under the nail or around the *lisiere* (selvage). Mme. Sitts very logically says the smoothest of so-called nail cleaners made in steel is sharp enough to roughen the delicate under-surface. It then attracts the dust and foreign matter because of this roughness, and more cleaning only makes it worse. Then acid is resorted to, and the texture of the nails is ruined. A properly pointed stick of orange wood, such as the dentists use for cleaning the teeth, is the only nail cleaner necessary. It removes dust and uncleanliness, and does not scratch nor injure the enamel of the nail which is just as delicate as that of the teeth. Mme. Sitts also declares emphatically that the border or selvage around the nail is intended to protect it, and that in cutting it you make it ragged just as you would if you jagged the selvage of a bit of cloth. And, she adds, it would be just as sensible to cut the border of your eyelids or your ears with the idea of making them even and smooth as the nails. Besides, the very touch of a steel instrument on the enamel surface is bound to scratch the nail and cause blemishes. I recollect with great clearness the way manicures have clipped and scraped and hacked my fingers in other days—often until they bled. Let this counsel, which comes from the fountain head of manicure art, be a word to the wise.

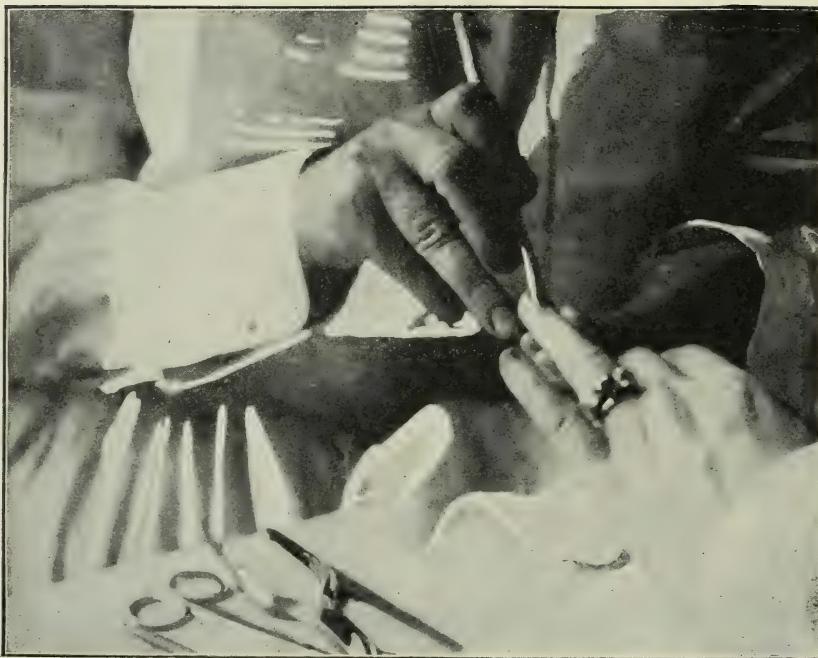
The nails require the nail brush and soap at least once daily, and after washing the hands, while they are still



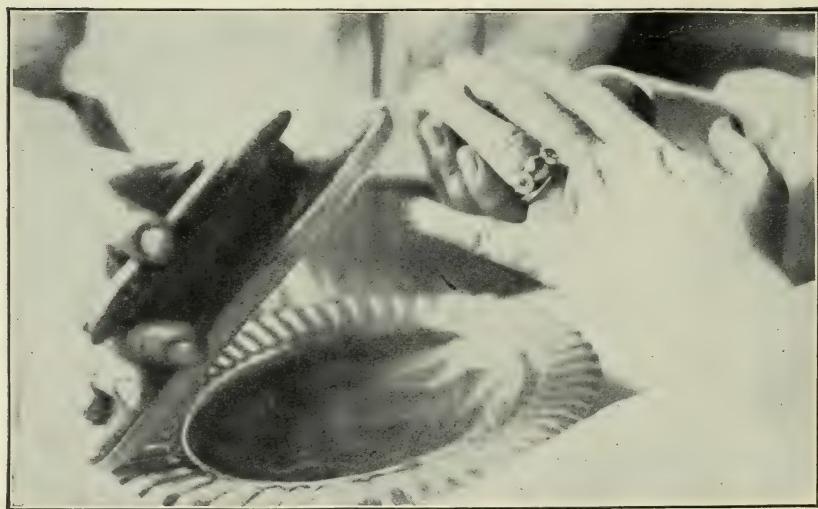
SHAPE THE NAILS WITH A VELVET FILE



USE CLIPPERS INSTEAD OF CURVED SCISSORS



SHOWING USE OF THE ORANGE-WOOD STICK IN MANICURING



soft from the action of the water, it is well to gently press the cuticle around the nail back toward the finger base. If this be done with care daily, the nail will assume a graceful, oval form, ending in the white crescent which is considered such a mark of beauty.

This is one of the small personal duties which must be attended to religiously, for if neglected only a day or two, the skin will attach itself to the nail, and then it is apt to crack or break, leaving the edge as sore and unsightly as though a fashionable manicure had "treated" it, and treated it very badly, with sharp instruments. Use a little vinegar or lemon juice in place of other acids for removing discolorations. (See Chapter XXXI.)

Excessive moistness or perspiration of the hands without apparent cause, is usually indicative of nervous debility or some internal derangement. The following is a good local remedy:—

REMEDY FOR PROFUSE PERSPIRATION OF THE HANDS
(Edgerly)

Cologne 90 grammes.

Tincture of belladonna . . . 15 grammes.

Mix thoroughly; moisten the hands two or three times daily with the mixture.

Chilblains are a most painful affliction. They are caused either by a scrofulous condition of the blood, or by sudden change of temperature from excessive cold to extreme heat. When they have once formed they are very difficult to be rid of. Many persons afflicted with chilblains suffer from them only in the winter time, but weak and aged subjects are frequently troubled in summer also. The best treatment for chilblains is with local

stimulants and counterirritants, among which the best are painting the parts twice a day with iodine, or bathing the chilblains with diluted hydrochloric acid just strong enough to slightly prick the skin. When the inflamed parts ulcerate, an excellent dressing is made of cold cream (formula already given) to which a few grains of tannic acid have been added.

Glycerine jelly is an excellent preventive of chilblains where the hands are very sensitive. It is made thus:—

GLYCERINE JELLY

Pure glycerine	4 ounces.
Enough gum tragacanth to thicken.	
Attar of roses	8 drops.

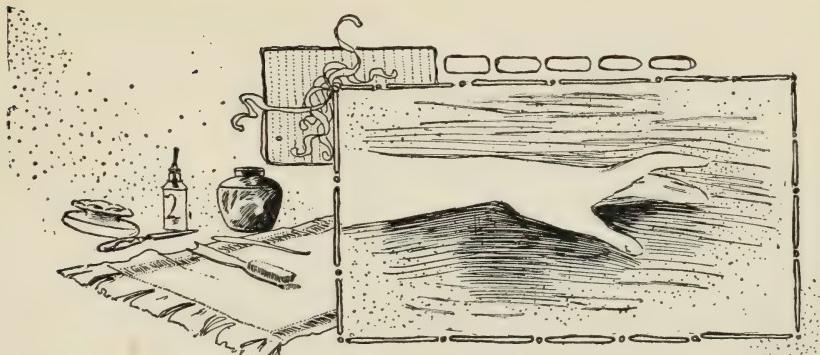
Dissolve the gum in enough water to make a thick liquid. Stir into the glycerine.

Strawberry cream is a delicate emollient for tender hands.

Indigestion will make the hands red. If you take good care of them and have no trouble with the digestive organs, you will find wearing gloves two or three sizes too large for you, spread with a paste made as follows, will make the hands white again:—

Oil of sweet almonds	2 teaspoonfuls.
Glycerine	1 teaspoonful.
Rice flower	1 teaspoonful.
Rose water	1 ounce.
Tincture of benzoin	30 drops.
Yolks of two fresh eggs.	

Pour the oil of sweet almonds over the rice flower and stir; then add the yolks of eggs and glycerine; last of all, the rose water and benzoin. Rip the gloves open and spread the inside with this paste; then sew them up again. Wash your hands thoroughly at night before putting on the gloves, which you should wear until morning.



GILBERT.

CHAPTER XXXIII

THE HAND—Concluded

I take thy hand, this hand,
As soft as dove's down, and as white as it.
— *Winter's Tale*.

TIS not difficult to have soft, pretty hands.

The great point is to keep them scrupulously clean and to pay attention to the nails, which require daily care, although they rarely receive it except by women of extreme leisure.

When the hands are rough a skin-feeding ointment is required. One of the best for this purpose is camphor cream, made as follows:—

Spermaceti	2 ounces.
White wax	2 ounces.
Sweet almond oil	2 ounces.

Melt the three ingredients together over a gentle fire and add one ounce of gum camphor in shavings. Take off fire when camphor is dissolved. Stir until the mass concretes. Put into jars. Use at night freely, anointing the hands, which should first be thoroughly scrubbed with warm water and a pure soap.

The old-fashioned almond paste which our grandmothers used for their dainty hands is excellent. Here is the formula :—

White wax	1 ounce.
Oil of sweet almonds . . .	2 ounces.
Attar of roses	few drops.

Melt the oil and wax together, add the perfume while the mixture is cooling, beating it meanwhile.

Honey and almond paste, to be worn at night under gloves much too large, is a remedy for red hands famous a century ago. It is easily made, but should not be compounded in large quantities, as the eggs do not keep.

HONEY AND ALMOND PASTE

Almond meal	4 ounces.
Oil of sweet almonds . . .	8 ounces.
Pure honey (strained) . . .	8 ounces.
Yolk of egg	$\frac{1}{2}$ ounce.

Melt the honey separately, pour the almond meal into it and knead it together with the beaten yolk of egg. Add the oil and knead again until a paste is produced.

This is a wonderful remedy for harsh hands.

Horse-chestnut meal paste is a favorite remedy for rough hands in Continental Europe.

It is prepared like the almond paste, substituting horse-chestnut meal for almond meal.

A good lotion for whitening the hands is made as follows :—

Pulverized borax	3 drachms.
Glycerine	$\frac{3}{4}$ ounce.
Elder flower water	12 ounces.

Mix and apply several times a day if necessary.

When the hands appear to be constitutionally rough it is a good plan to wash them always in bran or oatmeal water. This water is made very easily.

Take some fresh bran or good sweet oatmeal and boil it in water enough to make it a very thin gruel. Strain and use the liquid, a little more diluted, instead of fresh water whenever the hands are washed.

These washes must be made fresh every second or third day, as they quickly turn sour.

Use a portion of fresh cut lemon to remove stains from the nails or fingers.

A bit of pumice soap will take away callous spots.

Cocoa cream cerate, which is sold at some shops at a very high price, is made thus:—

Take of cocoa butter, oil of sweet almonds, and white wax, equal parts; melt them together and stir until cool.

TO WHITEN THE HANDS

Lanolin	100 grammes.
Paraffin (liquid)	25 grammes.
Extract of vanilla.	10 drops.
Oil of roses	1 drop.

Mix and apply when necessary.

It is well to recollect that stricture in any part of the body will frequently produce red hands.

For example, tightly-laced corsets, a bodice too tight in the armholes, sleeves that bind either above or below the elbow.

Even tight garters or tight shoes may produce red hands.

In all but very exceptional cases, say one out of perhaps ten thousand, a woman's hands are easily kept white and pretty.

To keep them white, frequent and thorough washing is necessary, using a scrubbing brush and a good soap, taking care to rinse the soap well out of the skin before drying the hands.

To keep them soft almost any one of the formulas given above will suffice if used intelligently and persistently.

HOW TO BE YOUR OWN MANICURE

To take perfect care of the hands one requires a very few simple implements and five minutes' time six days in the week. A nail clipper should be used in the place of the curved scissors. The clippers never create agnails, commonly called hangnails.

Never use a sharp instrument under the nails. An orange-wood stick carefully whittled to a smooth flat point should be used instead of a metal nail cleaner.

Abjure the cuticle knife. It simply bruises and hacks the selvage around the nail, which should never be cut. Use a velvet file instead of one of the rougher kind.

All liquid bleaches for whitening the nails are merely a diluted mineral acid of some powerful nature. They inevitably thicken the nail, and render it opaque instead of transparent.

Keep a bit of pumice stone on hand for removing roughness and ink spots.

After washing the hands, press the skin or selvage around the nail gently away from it, particularly at the base, so that the moon will show.

The moons are really indications of physical strength, and are never seen on the fingers of the sick.

The little white flecks on the nails indicate disturbed circulation or injury from the cuticle knife; no external application will cure them.

Once a week is often enough for manicuring, which one may easily do for one's self. Operate upon one hand at a time as follows:—

Cover the tips of the fingers with amandine; soak the hand for at least fifteen minutes in a bowl of warm water into which a little soap in powder has been cast. Dry the fingers carefully, pressing the selvage down all around. Use the clippers to cut with. A little practice and you will secure a perfect pointed oval in form, and each nail will be the same length and contour.

Remove all foreign matter from under the nail with an orange-wood stick. If there be stains or discolorations, take them off with the inside of a lemon. Apply a very little rose paste to the surface of the nail; next dust them rather thickly with the nail powder, and polish with a bit of chamois skin or a nail buffer. Rub always across, never up and down.

Rough, hard work will, of course, injure the appearance of the hands unless they are cared for. Almond meal is all that is necessary, in addition to the above advice, to keep them soft, white and pretty.

Where there is undue moisture of the palms try the following lotion:—

Cologne water	70 grammes.
Tincture of belladonna . .	15 grammes.

Amandine may be made at home, but it is very difficult to prepare. It is cheaper in the end to purchase it at one of the department shops.

Make nail powder as follows:—

Silicon	8 ounces.
Oxide of zinc	2 ounces.
Pulverized pumice	$\frac{1}{2}$ ounce.
Lake (00) enough to color pale rose.	

Mix in mortar and sift through fine sieve.

A fine rose paste for the nails is made thus:—

Spermaceti	$1\frac{1}{2}$ ounces.
White wax	9 drachms.
Oil of almonds	12 ounces.
Alkanet root	2 ounces.
Attar of roses	1 drachm.

Melt the first four ingredients in a hot water bath. Strain, beat until nearly cold, then add attar of roses.

HINTS ON THE HANDS

Hands show the ravages of time more than any other part of the body. Between the ages of seventeen and eighteen they attain the maturity and beauty of symmetry, and if subjected to the most careful treatment will remain practically unchanged until thirty. At thirty an almost imperceptible change begins and without constant attention their beauty wanes. The skin begins to wrinkle and grows

dry, and the joints lose their shape. The shrinking of the flesh displays the faults which the plumpness of youth had covered up.

Neglect will hasten the aging of the hands, and care will work wonders. It behooves every woman to take special pains with them, as her hands are no small part of her personality.

Young women with red hands seldom realize that the difficulty usually is caused by tight lacing. Wearing the corsets too tight has a tendency to interfere with the circulation, and red hands are the result.

Great care should be taken of the nails. A lady can always be told by the condition of the tips of her fingers. The nails must never be bitten, the cuticle must not be ragged and the rims must be white, not black. A very little effort will keep the nails in good order.

If the hands be rough rub them with a little cold cream before retiring.

Don't wear tight gloves. They spoil the shape of the hands, and give them a puffy, unpleasant appearance.

Women are very careless about drying their hands. They give them a splash and a promise and then wonder why they are rough. The hands should be very carefully dried—and a few drops of a good hand lotion rubbed in. They should not be exposed to the outside air for some time after they are washed. There is no better lotion than the following for everyday use:—

Rose water	8 ounces.
Pulverized borax	1 ounce.
Glycerine	1 ounce.
Tincture benzoin	1 drachm.

When the hands that come in contact with dirt and grease in the rough work of the household get what is called grimed, the average soap will have very little effect upon them. Before attempting to get these hands clean, it is better to thoroughly rub a good spoonful of vaseline into them; then wash in warm water, using a pure soap and fairly stiff hand scrubbing brush. Rinse and dry carefully. If this is not successful, repeat the process.

A good hand whitener is made as follows:—

Sweet and bitter almonds, blanched and pounded into a paste	250 grammes each.
Lemon juice	60 grammes.
Sweet milk	30 grammes.
Sweet almond oil	90 grammes.
Brandy	180 grammes.

TO REMOVE WARTS

The best way to have warts removed is by electricity. You can have them removed also by the use of an acid, or by using this mixture:—

Chrysorobin	20 grains.
Collodion	1½ drachms.

Apply with a camel's-hair pencil every day or two to the wart.

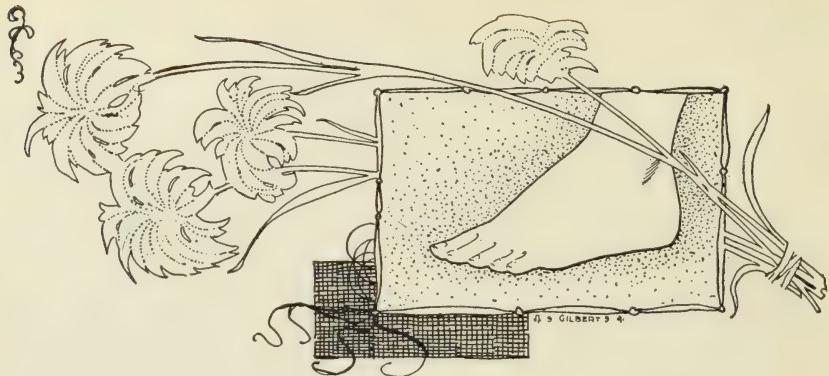
White specks are frequently created by the misuse of the cuticle knife in the hands of the manicure. But sometimes they are caused by an interception under the nails of the particles of juice which nourish them.

A simple remedy of equal parts of Burgundy pitch and myrrh, melted and applied to the nail at night will frequently cure the spots.

Wearing a pair of rubber gloves at night will result in great improvement to your hands. Where the hands have been injured by housework it takes some little time to get them into good condition again. Of course, you should wash your hands with great care just before putting on the gloves.

A.—16





CHAPTER XXXIV

THE FOOT AND FOOT GEAR

There's language in her eye, her cheek, her lip,
Nay, her foot speaks.—*Shakespeare.*



HE Cinderella foot is *passé de mode*, and if we have cause occasionally to regret a vagary or freak of the "new woman" she deserves to be eternally blessed for having made it the fashion for our feet to bear some harmonious proportion to the frame they are to support, and to have made it no longer true, as cleverly stated by a well-known author, that the length of a woman's skirts is directly proportional to the size of her feet, and that women with large feet are always greatly shocked at the immodesty of those who have small pedal extremities and are "always trying to show them."

Smallness alone was, in my girlhood, the test of beauty in feet, as I recollect it. I remember perfectly my mother's look of surprise and stern disapproval when I had to succumb to a number three shoe, and how we were brought

up on a tradition that our maternal grandmother had such tiny feet she always wore children's shoes in size, and had her satin gaiters sewed on her little feet each day that not even a silken lace might interfere with the lines of beauty and symmetry.

But in the emancipation of women, who are no longer dolls or toys, but fine, vigorous, splendid creatures of superb, physical development from tip to toe, feet of proper size to sustain a woman's weight are considered not only more attractive to the eye, but correct form.

Unfortunately very few women born before the wave of good sense have slightly feet. Scarcely one woman in a thousand has a foot free from deformity or blemish of some kind.

For generations back women insisted upon wearing shoes too short or too narrow, and shoemakers were compelled to cater to their desires and furnish shoes built almost upon the Chinese plan for the deluded creatures who insisted upon having what they were pleased to consider small feet.

It is also really astonishing that we should have so long submitted to the tyranny of French heels and vise-like foot gear. I look at my number five, flat-heeled, broad-soled shoes, in which I walk many and many a mile without fatigue, and think how foolish I once was,—and not so foolish either, for in those days common-sense shoes were not to be had.

Fortunately we know better nowadays, and our little girls are growing up with beautiful, undeformed feet; but, as I have said, so recently have we come to our senses

that the woman past thirty with a perfect foot is almost unknown.

Occasionally an actress is said to have a perfect foot, and her fame is made thereby. Yet when "Trilby" was played all over the country by different women, there was never a real Trilby foot that bore unscathed the telltale test of the photographer.

The foot of the average woman should require at least a number five shoe. A large foot on a tiny woman is not beautiful, but on the other hand neither is a tiny little foot artistically pretty or agreeable to gaze upon. It is harmony that makes beauty,—proper proportions that make harmony.

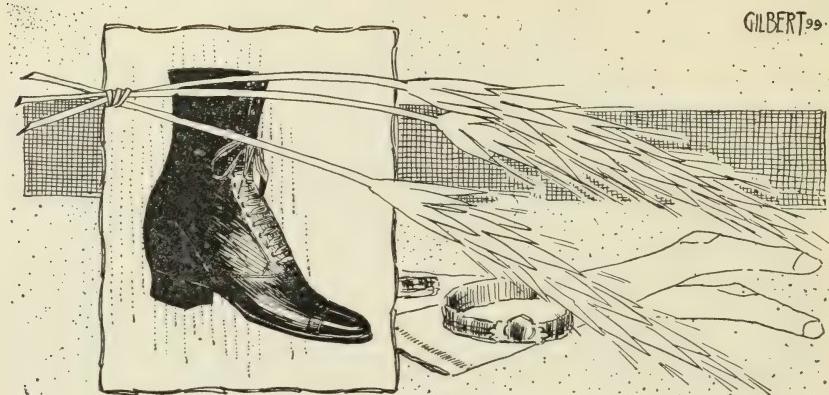
A woman's foot attains its normal size at about twenty-two. Strange to say, the foot at sixteen or seventeen is larger than a few years later. Shoemakers all say that girls between sixteen and seventeen have feet that are not yet shaped. They are fat and flabby. At about twenty the foot gets its proper shape, the flesh grows firmer, the muscles and tendons stronger and the bones become well set. When the foot gets its settled shape a narrower shoe is required, frequently two sizes narrower than could have been worn at sixteen. At about forty a woman's feet go back to the flabby state.

It is true that small feet are considered by many a mark of aristocracy, but they certainly do not indicate superiority of intellect, for many brainy women of supreme intelligence have had very large feet. For example, George Eliot and Mme. de Staël, the most brilliant women intellectually of their day, had such large and ungainly feet that they were made miserable by the con-

sciousness of their undue proportions. Mme. de Staël once ventured to assume the rôle of a Greek statue in some *tableaux vivants*, and was grievously offended by the witty Talleyrand's *bon mot* that he recognized the impersonator at once by the "pied de Staël."

A long hand and foot are said to indicate mental superiority and a capacity for a larger grasp and a greater tenacity of purpose than smaller members. The proper size of a woman's foot varies from five and one-half to nine inches—that is, the foot that has been unrestricted from infancy and permitted to grow as freely as the head, without stricture of any kind. The fashionable Chinese foot is about three and one-half inches in length, and I have seen the feet of women in modern Europe which were reduced by tight squeezing to almost Chinese proportions.

A truly beautiful foot must first be free from all blemishes, and in perfect proportion to the leg and stature. The instep should be high, or moderately high, and the portion under the instep hollow and well raised above the level of the sole, the toes regular and well developed, the heel narrow and nonprojecting—the general outline of the perfect foot is long, slender and graceful. The toes of the beautiful foot, according to Flaxman, should follow each other imperceptibly in a graceful curve from the first to the fifth, and in the Greek foot, according to the most famous statues, the second toe was made longer than the great toe. The beauty of the longer second toe is disputed. The skin of the main part of the foot should be of an almost marble whiteness, and the toes and heels alone a rosy pink.



CHAPTER XXXV

THE FOOT AND FOOT GEAR—Concluded

Her feet beneath her petticoats
Like little mice stole in and out.

—Sir John Suckling.

THE present generation of girls should at least have feet free from all defects and blemishes, if not perfect in shape, for all daughters of sensible mothers have been shod for twenty years back with flat, common-sense, heelless shoes. No girl whose feet are thus attired ever has been known to suffer from a corn, distorted nail, or even from a callous spot.

The high French heel is accountable not only for the distortion of the first joint of the great toe, but for innumerable feminine internal complaints—besides which, it is utterly impossible for any woman alive to walk or dance gracefully in high French heels. It is said that a fashionable French woman once asked a famous artist

how to acquire a graceful carriage, and was told to take off her high-heeled shoes, place them on top of her head, and practice walking until she could do so without the little shoes showing the slightest quiver of motion. "When you can walk," he said, "with those shoes perfectly balanced, you will have the gait of a goddess, and for the first time since French heels were invented they will really have served to help and not to disfigure a woman."

Du Maurier's description of Trilby's foot has done effective missionary work among us. I give it even though you all may have read it, for it is very pertinent to this subject:—

"Poor Trilby! The shape of those lovely, slender feet (that were neither large nor small) facsimiled in dusty, pale, plaster of paris, survives on the shelves and walls of many a studio throughout the world, and many a sculptor yet unborn has yet to marvel at their strange perfection in studious despair.

"It is a wondrous thing, the human foot—like the human hand, even more so perhaps; but unlike the hand, with which we are so familiar, it is seldom a thing of beauty in leather boots or shoes.

"So that it is hidden away in disgrace, a thing to be thrust out of sight and forgotten. It can sometimes be very ugly indeed—the ugliest thing there is, even in the fairest and highest and most gifted of her sex; and then it is of an ugliness to chill and kill romance and scatter love's young dream, and almost break the heart,

"And all for the sake of a high heel and a ridiculously pointed toe—mean thing at the best!"

"Nothing else that Mother Nature has to show, not even the human face divine, has more subtle power to suggest high physical distinction, happy evolution, and supreme development; the lordship of man over beast, the lordship of man over man, the lordship of woman over all!"

These are certainly not the feet of our grandmothers, for they

"Like little mice stole in and out
As if they feared the light."

The gods be thanked for common-sense feet at last, and for a Du Maurier to make them fashionable.

For those of us who have suffered a martyrdom for past offenses in improper care of the feet, including the tight, French-heeled boot of torture, a word as to the toilet of the feet.

First, and most important of all, to preserve them in a thoroughly healthy and comfortable state, thorough cleanliness is of course requisite. They should be bathed daily, and two or three times a week they should be soaked in warm or tepid water, and well scrubbed with a brush and soap, so that every particle of dust or perspiration which constantly accumulates about them may be removed. The best time for this operation is just before retiring. Once a week at least the feet should be carefully examined after the soaking above referred to—every particle of loose skin should be removed while they are still soft from the warm water—and callosities or indurations should be rubbed

quite smooth with a bit of pumice stone, or better still, a Japanese corn file. The nails should also, about once a week, be carefully inspected, cut so that their length is just the length of the toe. The shape of the nail should follow the natural curve of the toe. If they be allowed to grow longer they are liable to be forced back by the pressure of the shoe and to grow into the flesh. Be careful also not to cut the nails of the toes too short, as in such cases the toes lose their natural support. Cutting the nail to the quick has actually caused lockjaw and death, an authentic case being on record of a lady who died of tetanus or lockjaw nine days after cutting the nail by accident into the quick.

Nails that have a tendency to grow sidewise should be kept carefully pared. Where the nail grows into the flesh it may be cured by making a V-shaped cut in the center, the broad part of the V at the top of the nail. For ingrowing nails Monin also advises bandaging the toe with compresses saturated with perchlorate of iron. Despite the protest of many girls who are not yet converted, ingrowing toe nails are invariably produced by pressure or a blow. A shoe too narrow across the toe or tread of the foot, or insufficiently long for ease and comfort, though large enough elsewhere, either cramps or distorts the fore part of the foot and toes or arrests the nails in their proper growth forward, forcing them back upon the sensitive flesh at their roots and sides and causing them to grow in width and thickness only.

The results of tight shoes are not always immediate, but they are sure and very painful.

Corns are horny indurations with a very sensitive nucleus or base, and appear on the exposed portions of the joints of the toes. They are certainly caused by an undue and continuous pressure, and will usually disappear with large, easy shoes—otherwise, though frequently taken out, they will reappear. To remove them, soak the feet for twenty minutes and pare the corns as close as possible to the surface, taking care, however, never to make them bleed, then use one of the following remedies; they are all effective:—

CURE FOR CORNS

Take a lemon, cut off a small piece, then nick it so as to let in the toe with the corn; tie this on at night so that it cannot move, and in the morning you will find that, with a blunt knife, you may remove a considerable portion of the corn. Make two or three applications, and great relief will be the result.

The pain occasioned by corns may be greatly alleviated by the following preparation:—

Into an ounce vial put two drachms of muriatic acid and six drachms of rose water. With this mixture wet the corns night and morning for three days. Soak the feet every evening in warm water without soap. Put one-third of the acid into the water, and the corn will soon be dissolved.

SOFT CORNS

Soft corns may be cured by using the following:—

Dip a piece of linen rag in turpentine, and wrap around the toe, on which the corn is situated, night and morning, and in a few days the corn will disappear.

Nitric acid, caustic, and strong tincture of iodine are also used for removing corns,

Corn plasters may be procured of an apothecary or made at home by cutting a small circular bit of leather or kid with a hole the size of the corn cut out in the center. Spread the kid with a corn plaster. The French corn plaster called *verdigris* is made as follows:—

FRENCH CORN PLASTER

Beeswax, four parts; Burgundy pitch, three parts; malt, add Ven-
ice turpentine (*verdigris* in fine powder), of each one part, and stir the
mass until nearly cold. This is the old form of "verdigris plas-
ter" (*emplastrum aeruginis*) of the Paris "Codex."

TENDER FEET

Rubbing the soles of the feet with vinegar will ease them when they are sore from walking or standing.

The disagreeable and peculiar odor arising from the feet of some persons is produced from an unnatural perspiration. In all such cases, the greatest possible cleanliness is of the utmost importance. Salt footbaths or baths of vinegar and water are frequently effective. Spirits of camphor may also be applied, and will sometimes cure this very unfortunate condition. Mustard footbaths are advised, the object being to stimulate the circulation and evoke a natural excretion.

Tender feet are caused by wearing stockings too thin for the weight of the shoe, and of course an ill-shaped boot or shoe, or one not sufficiently porous to admit of the escape of perspiration will also cause tender feet.

In this connection patent leather is to be condemned. The process of manufacture makes it impervious to air. The foot perspires and swells and the whole brood of foot

ills follows in due course. I have been asked frequently if patent leather shoes should be worn and I have been constrained to answer that they *should* not be worn but doubtless *will* be, for some time to come. They surely look dressy but hardly more so than light French calf or kid if properly cared for.

The best treatment for tender feet is soaking them nightly in bran and water or salt water. Let them remain in the footbath fully half an hour. Nothing so rests tired feet as the salt footbath.

Coldness of the feet indicates delicate health, and impaired circulation. Cold feet are destroyers of complexions. It is said that rubbing the feet and ankles with the bare hands, pressing just as strongly as the feet can endure, for ten or fifteen minutes every night just before retiring, will cure the most stubborn cases of cold feet.

For profuse perspiration, try dusting the feet, which should be thoroughly washed and carefully dried at least twice a day, with the following powder:—

Talc	60 grammes.
Subnitrate of bismuth . . .	45 grammes.
Permanganate of potash . .	13 grammes.
Salicylate of soda	2 grammes.

This powder must be sifted through fine silk bolting cloth, so that it is impalpable.

BUNIONS

Bunions are the result of an inflammation or swelling of the previously enlarged or distorted joint of the great toe. A distorted joint is not a bunion until it has inflamed and suppurated. Short shoes and French heels are

the almost invariable cause of the distorted great toe joint. The toe is actually dislocated in its effort to adapt itself to a shoe which will not yield in length. There are a number of mechanical appliances exploited for the cure of distorted joints. I have never yet seen a cure effected. The toe joint may be set just as any dislocated bone may be put back in place, and if done immediately, and the patient will forever after wear long shoes and forswear French heels, it will remain in its proper place—half an hour's confinement, however, in a short shoe or slipper, will dislocate the joint again.

When the bunion becomes very painful, with great inflammation, and a manifest gathering of pus is forming, poulticing should be resorted to. Nothing is so effective as ground flaxseed for this purpose. Make a tiny number of poultices in little linen bags; keep applying them just as hot as they can be borne—spread a little carbonated vaseline over the bunion before putting the poultice on. If the pain be intense, add a few drops of laudanum to the vaseline.

Where the feet are cut or an abrasion occurs, they should be soaked and carefully washed, and further protected either by a little ointment secured with a scrap of lint or a bit of court-plaster. When a blister has formed, it is best to prick or snip it so as to let all the water or serum out; then bind it over carefully, first applying a healing ointment.

To all women who can afford to do so, I advise the weekly care of a good pedicure. The torture which only a corn can produce is easily averted if the feet be cared

for, and bunions and other atrocities are unknown to those who early learn the way to treat those useful members, the feet.

Pointed-toed shoes have certainly deserved a portion of the anathemas hurled at them, but I make a feeble protest for them as proper enough for people with pointed feet. A boot or shoe should certainly conform to the shape of the foot, and about eight people out of ten have feet which are much more pointed than square at the toe.

I cannot see why the hideous square-toed shoe is not quite as grotesque as the extreme pointed tip (called in Paris, "cure-dent"—tooth-pick). There can be but one opinion as to heels—they should be low and broad.

No department of dress, indeed, shows more wholesome improvement during the past decade than foot gear. Most men and many women appreciate the genuine comfort of having the shoe made to conform somewhat to the shape of the foot instead of compelling the latter delicate member to do the stretching and shaping at any cost. A maker of women's boots once said: "It's easy enough to fit the feminine foot, but mighty hard sometimes to fit the feminine head." To-day, happily, it is easy to fit both, for broad, foot-form shoes for ordinary wear are "just the fashion." Whatever ridicule may be aimed at women for following masculine styles, it is certainly well for the feet of the growing generation that mannish styles in foot gear are the vogue among the gentler sex. The shoe *à la mode* is broad in the right place, *i. e.*, along a line running between the main joints of the great and small toe. Plenty of room here makes an easy shoe and relieves the

pressure on the ball of the foot, thus preventing an enlargement of the joint which is fatal to the beauty of the *pied de femme*.

It is suggested that a woman should always have several pairs of shoes and boots and change them often, thus allowing the leather to dry out and resume its normal condition.

The use of shoe forms is also advised, to stretch out the wrinkles and creases. Shoes thus cared for wear longer and always look better.





GILBERT

CHAPTER XXXVI

FOOT MASSAGE

Full of strange shapes, of habits and of forms.—*Love's Labour Lost*.

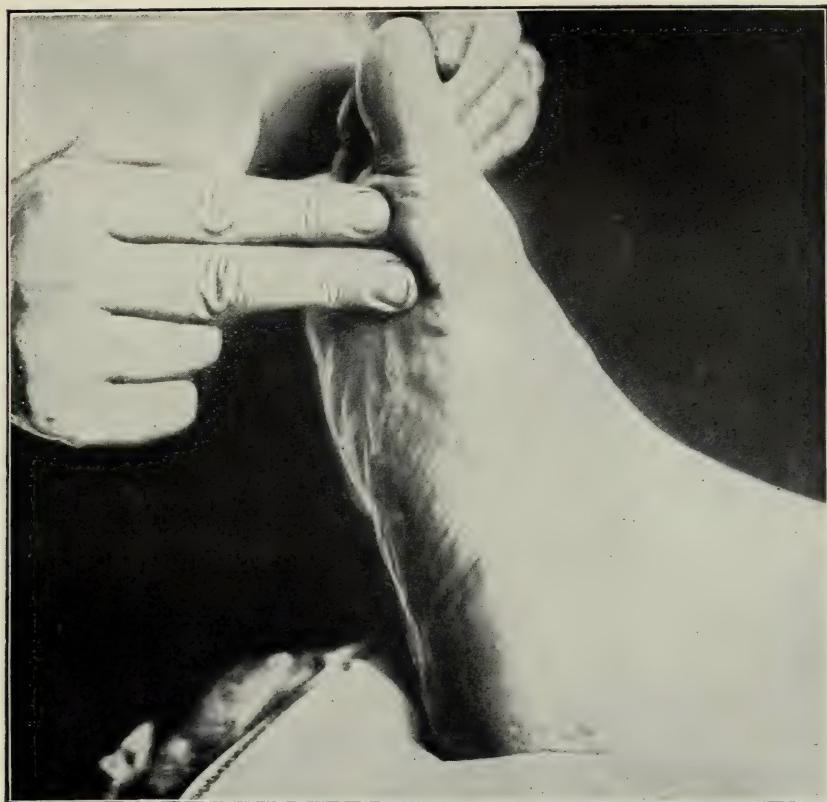
FROM childhood we impose upon our feet, making them conform to a shape in shoes decreed by fashion and quite at variance with Nature's arrangement.

I find ninety-nine women out of a hundred have taken just such or kindred liberties with their pedal extremities, and once the feet have been thus tampered with, they never quite recover.

Massage is a wonderful method for soothing the aches of feet that have been improperly shod, as well as for the pain that comes from overexertion, long walking, or standing.

To give tired feet, restful, delightful massage the operator need not be an expert *masseuse*.

The process begins with an application of a quieting lotion to the foot by the hand of the operator.



TO MASSAGE THE SORE JOINT HOLD THE TOE IN PLACE BY SEPARATING THE GREAT AND SECOND TOES



RUB ALWAYS FROM THE ANKLE TOWARD THE TOES

(313)



TO RELIEVE BUNIONS AND SWOLLEN JOINTS

A BIT OF THICK FELT BETWEEN THE GREAT AND SECOND TOES WILL GREATLY RELIEVE THE DISTORTED JOINT

(814)

(612)

Arnica diluted with warm water will prove a simple and soothing application.

After the lotion has dried rub the foot gently, using a good toilet cream or oil of sweet almonds. Always draw the blood from the ankle or instep to the toes. Support the instep or ball of the foot with the left hand while rubbing with the right, using the downward movement on the outside of foot and ankle. A rotary motion on the instep is also very restful.

All the nerves start from the feet, which should be treated the same as the head—removing the shoes and elevating the feet to a comfortable position—not too high.

The foot should never be massaged without using a little oil or cream. For a tender foot which perspires too freely always use oil, alcohol and ammonia combined, one ounce of oil, two ounces of alcohol and one tablespoonful of ammonia. For a burning foot use cream or oil. Iodine should never be used on the foot in its full strength.

After a corn has been cut, it should always be protected from the stocking (for an hour at least) by a piece of adhesive plaster, or by applying some good cream and wrapping a small piece of cotton around the toe.

Take extra care in fitting shoes. Pay no attention to the toes, but fit the heel and instep, thus bringing the pressure on the instep, where it should be, and not on the toes.

There is no permanent cure for an enlarged joint or corn. They can only be relieved, and all "magic cures" should be avoided, as they eventually do more harm than good.

Ingrowing nails can be cured by proper cutting and protecting the corners after the diseased part has been removed, which is essentially the work of a skilled chiropodist.

Distorted great toe joints are always caused by shoes too short for the foot.

To relieve the pain and throw the joint back into place put a bit of thick felt between the great and second toes.

To massage the sore joint always hold the toe in place by separating the great and second toes. This of itself will give relief. Never massage the great toe joint by a pressure that will bend the great toe still further toward the second toe.

A soda footbath is as effective as any other treatment for burning feet. Take a handful of common washing soda and let it dissolve in a large foot tub two-thirds full of tepid water. Soak the feet in this bath for twenty minutes. Usually it will remove the burning sensation and give great relief.

Above all things avoid short shoes. They are the cause of that obstinate and painful trouble called ingrowing toe nail. The best shoe is that which is long and broad, with the sole projecting as much as one-eighth of an inch beyond the foot. Avoid extremely sharp-pointed shoes. Happily they are no longer in fashion, and the woman who has a square foot need not pinch her toes in order to be correct.

For tired and tender feet try bathing them in hot water into which a big handful of sea salt has been dis-

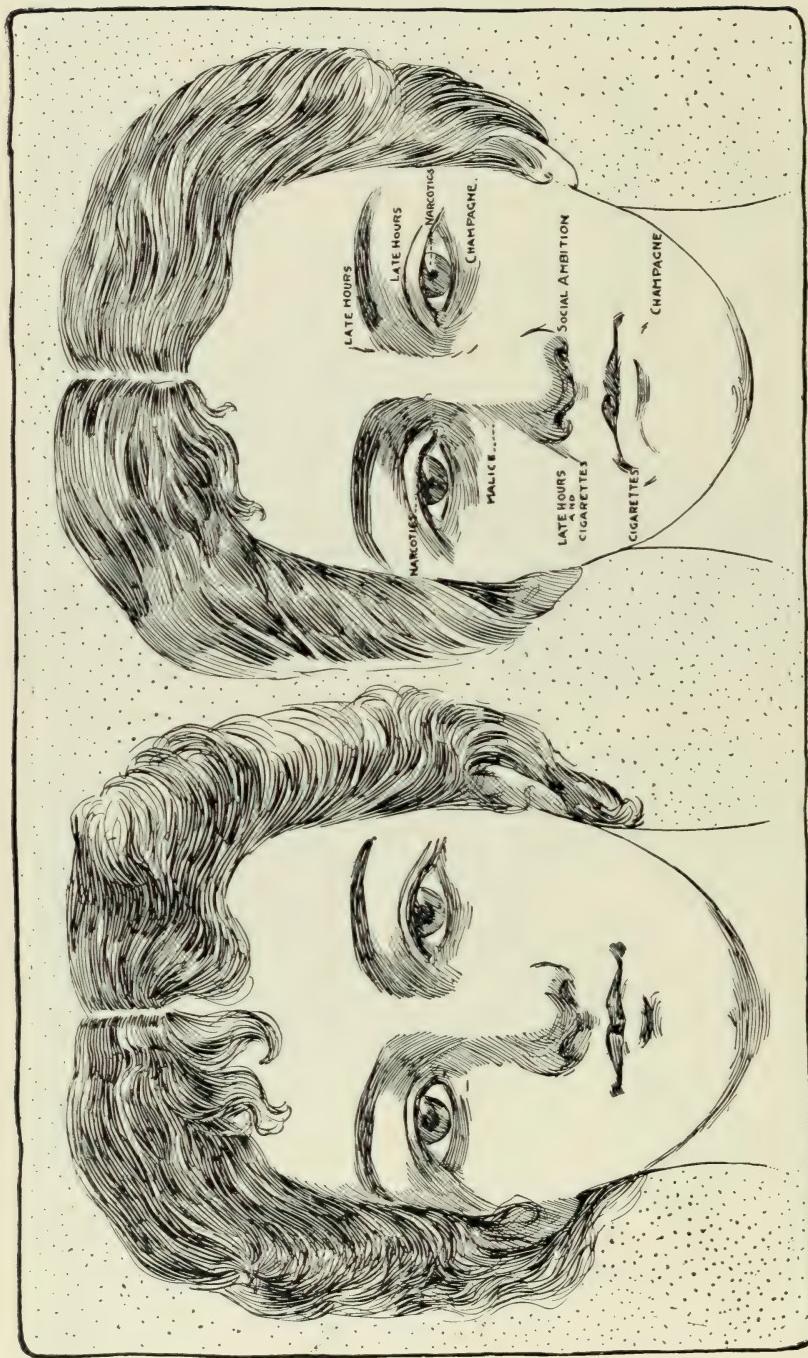


USE THE ROTARY MOVEMENT ON THE OUTSIDE OF THE FOOT AND ANKLE



SUPPORT THE BALL OF THE FOOT WITH THE LEFT HAND, MAKE THE MOVEMENT ALWAYS
DOWNWARD WITH THE RIGHT

(317)



THE GEOGRAPHY OF A DISSIPATED WOMAN'S FACE

solved. Let the feet remain in the water fifteen minutes. Dry and rub the soles with half of a lemon. The relief is most grateful.

Either one of these two formulas will be found effective for excessive and odorous perspiration:—

No. 1.—Oleate of zinc, $\frac{1}{2}$ ounce; powdered starch, 1 ounce; salicylic acid, 1 scruple.

No. 2.—Beta-naphthol, $\frac{1}{2}$ drachm; distilled witch hazel, 4 ounces. Apply well to the skin.

The following formulas represent good prescriptions for the treatment of corns and bunions:—

I

Borate of sodium 1 drachm.

Extract of cannabis . . . 1 scruple.

Collodion 1 ounce.

Paint over the corn or bunion every day once or twice, and after five or six applications the superficial growth can be scraped off.

II

Salicylic acid 1 drachm.

Cocaine 5 grains.

Collodion $\frac{1}{2}$ ounce.

Paint over the corn or bunion twice a day, and scrape away the superficial growth at the end of three or four days.

The following recipe will be found good for the treatment of chilblains:—

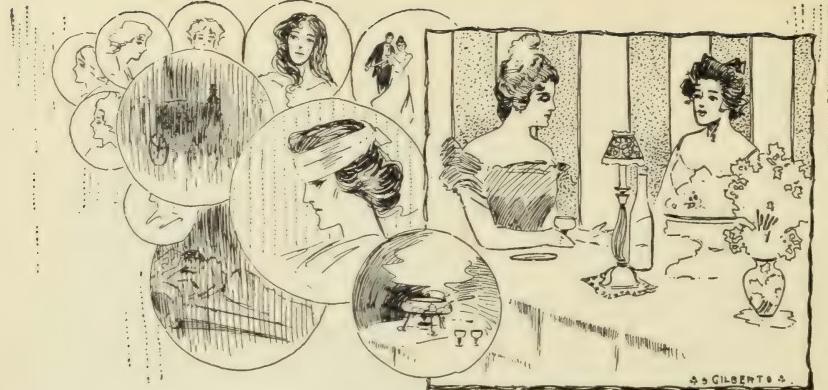
Camphor 1 drachm.

Beta-naphthol 10 grains.

Cocaine 5 grains.

Diachylon ointment . . 1 ounce.

After bathing the part in hot water, balsam of copaiba is painted over the surface.



S. S. GILBERT & CO.

CHAPTER XXXVII

LATE HOURS AND DISSIPATION

To sing a requiem and such rest to her
As to peace-parted souls.—*Hamlet*.

WHEN one considers how many women there are whose happiness and comfort have been destroyed through dissipated husbands, or because of the vagaries of an intemperate son, it is almost a wonder that every one of the gentler sex is not a total abstainer.

Time was when for a woman to drink spirits, or even malt liquor was scandalous. This, however, was in the days of our national isolation when visitors to our shores were few and foreign travel tedious and expensive. Now the gay and vicious capitals of Europe are within speaking distance, and, if this were not so, there has for a long time been a constant influx from the drinking nations of the Old World. The German has taught us to be fond of our beer, which, indeed, might

not be harmful to any great extent if used in the moderate and rational way of the German himself. But the American disposition is not the Teutonic. One of our characteristics is to endeavor to "beat people at their own game." It is so in commerce, agriculture, invention and in beer drinking. The German is satisfied with his single mug, which he drinks slowly. We go him one better, guzzle two glasses, go about our business and come back later for another to find our friend still musing over his single mug. The Frenchman, from the land of brandy, champagne and claret is generally satisfied with a pint of the latter at his dinner. With us the claret is too often the beginning, champagne follows, then brandy, and the next day—absinth to pull us together. And not our men of fashion alone,—that were bad enough,—but many women vie with the sterner sex in the convivial round—so-called respectable women, too, and those not respectable. The latter soon drop out of sight; the former in many cases press into their places, and the dance of dissipation goes on. Here are two instances from many which have come under my personal observation. I cite them in this place mainly to show the effect of dissipation upon beauty, health and morality.

There is no dodging the fact that the youthful beauty of the American girl in its original charm rarely outlives the third society season. A woman's face is the mirror that reflects her life, and the face of a typical New York girl-woman,—for she whom I have in my mind can't at this writing be a day over two and twenty,—is such a pronounced example of the results of three seasons of New

York fashionable life that I here analyze it and endeavor to show just how the process has been accomplished.

Miss ——, a charming young creature of eighteen, was married in a fashionable New York church.

After a brief wedding journey the bridal couple returned to New York. Then followed a first season in fashionable high life. The little wife began the career of dissipation with an evident distaste for all-night balls and champagne suppers, but, as usual, the pleasures and excitements of society triumphed over simplicity.

The girl who once rose at seven, fresh as a bird and sweet as a flower, now dragged herself wearily about her boudoir and dressing room morning after morning. She was never, as she herself declared, fit to be seen before one o'clock. When, braced up on strong coffee and wine of cocoa, she descended to second breakfast at that hour, and after a glass of wine and enough sustaining food to nourish the proverbial canary, she began her day of social duties and pleasures.

Night after night she insulted her strong young stomach by such a combination as would make an ostrich run to cover. Terrapin, champagne; salad, champagne; ices, champagne; patés, champagne; and champagne as a running accompaniment to all sweets, pastries—everything under a Delmonico or Waldorf-Astoria moon, or that could be thought of or advised by a dyspepsia breeder in cook's clothing, was thrust into this once good little stomach.

At the end of the year the pretty child was a haggard young thing, with the color almost gone out of her cheeks and lips. Always so tired. At the end of three years I

beg to point out to you at any one of your ultrafashionable functions, a young woman who takes her cocktails before she can even swallow her coffee, when she is awaking from a narcotically induced sleep about midday; a young woman who smokes cigarettes almost incessantly, and whose face is, at the end of three years, such a startling record of the dissipations of smart life that the most callous heart is moved to pity in contemplating it.

Who shall say that he or she does not recognize the type? Who will save her?

The second case is sadder still.

Not long ago I received a letter from a young woman whom I had known in other days, when she was a beautiful girl,—a belle of the most fashionable set in a not very distant city.

The letter was written from a private hospital. The writer recalled herself to me, and begged me to come and see her. She had, she said, something of importance to say to me.

So I went, and when I was ushered into the room occupied by Mrs. Gordon, as I shall call her, I saw the saddest sight my eyes have rested upon for many and many a long day.

Fanny, when I knew her some years ago, was a charming young creature of eighteen. She was about that time married to an immensely rich young man in a fashionable church near by, and every one said that she had made the match of the season. Certainly it was a great marriage if position and money make greatness,

Almost up to her wedding day my little friend had lived a healthful, normal life of great simplicity. A wedding tour to Europe followed by a presentation to Her Majesty, the Queen, and, according to the reports in the columns devoted to the world of fashion, a new belle had dawned upon the social horizon.

Little Mrs. G's beauty, her toilets, her jewels, the attention and admiration she attracted—we heard it all over here. When the G's came home, the stamp of fashionable dissipation was plainly seen upon her.

For several years she reigned undisputed over a circle of devoted adorers. Then there came a grave scandal, a separation, stories of recklessness—more scandal, and, at last, a total disappearance from the world that formerly knew her and easily forgot her.

Casually I heard that Fanny G. was living in England. Years passed, and lately I sat by her bedside and watched her pass away. She died from the excessive use of stimulants and narcotics. She was a little over thirty years of age, but she looked at least fifty.

The day I went to see her in response to her request she said to me:—

“You see the price I have paid for my mistakes. I am giving my life. Oh, I know it is only a question of a little time; they cannot deceive me. I am paying with my life for the ignorance that was the first cause of all my misfortunes.

“Of course, girls usually won't listen to the experience of others. They have to learn from their own, but I want you to beg the pretty girls who are as foolish and inno-

cent as I was, to remember that nothing will so soon destroy their beauty as dissipation."

Here she smiled faintly and said:—

"Perhaps you can scare them into being temperate. Tell them how soon every vestige of beauty goes from the woman who drinks or takes narcotics.

"Tell them that champagne suppers, tonics containing cocaine, cocktails, and all the rest come first and destroy a woman's will power and make those dreadful drooping lines about the mouth because the muscles are bound to relax when they are loosed from the control of the will.

"Explain to them that abnormal excitement drives normal sleep away. Then comes the most awful of all the demons that conspire to destroy a woman—narcotics.

"Look at me! See the horrible work of drugs! I am just thirty and my teeth have almost crumbled away. Morphine injections have destroyed them. My beautiful hair, you see, is nearly gone. My face is old. The dreadful lines tell their own story—dissipation and drugs.

"When I first tasted wine, I did not like it, but it kept me going, so I took it until little by little I learned to drink alcoholic mixtures. Very soon I found I could not sleep, and a friend gave me a prescription for a sleeping draught, which seemed to work miracles. After I had taken it for nearly a year, I found that one of the ingredients was a form of opium. By this time I was taking alcoholic stimulants daily and the sleeping medicine at night. I tried, but could not stop.

"It is impossible for a woman to be morally healthy when she is never really in a normal state. So I lost my husband, my friends, everything—and hope as well."

We buried my poor little friend very quietly, very tenderly. She had paid the awful price of yielding to temptations which to-day beset a woman, no matter what her station in life, as never before.

I give you her message, which forcibly impresses the fact that excess is fatal to beauty and destructive of happiness and morality as well. But in this connection I want to say a cheering word spoken from an experience on two continents extending over well-nigh a generation. It is this. The day of drinking men and drinking women, except among this "fast set" I have described or among the very lowest classes, is dying out. It is no longer the fashion to drink, especially to excess. The demands of home-life among women and the sharp competitive business struggle among men, alike require clear brains and steady nerves. Women lose caste and men lose their jobs when once fairly convicted of habitual excess. And this is as it should be. It is but the dispensation of a wise Providence.

And right here I wish to air the eternal grudge I bear against tea or coffee drinking to excess. The young should never drink either. It retards their growth and makes them prematurely old. Unless used in moderation, even by elders, we note strained or shattered nerves causing chronic insomnia. The good doctors will order bromides; then come narcotics—and ruin.



CHAPTER XXXVIII

PHYSICAL CULTURE

Health must be there, or beauty cannot be.

PHYSICAL culture has, happily, passed the "craze" stage, and has settled down to a sensible and reasonable amount of daily exercise.

Thinking women who know something of anatomy and a little of physiology, are satisfied that nothing can take the place of the daily exercise which brings all the muscles of the body into play, expands the lungs, and sends the blood tingling through the veins. These women know that by a certain amount of physical training they will never lose their supple grace; will never develop huge abdomens, and hips, and will never join the army of distorted creatures, who suffer from the results of overeating and inertia, known as the woman with the middle-aged figure,—the women who, as poor Kate Field used to say, "will insist

upon sitting on the ends of their spines." There are a number of excellent gymnasiums in every large city where women may go, when they wish, to take exercise, but the average woman may perfectly well practice gymnastics in her bedroom.

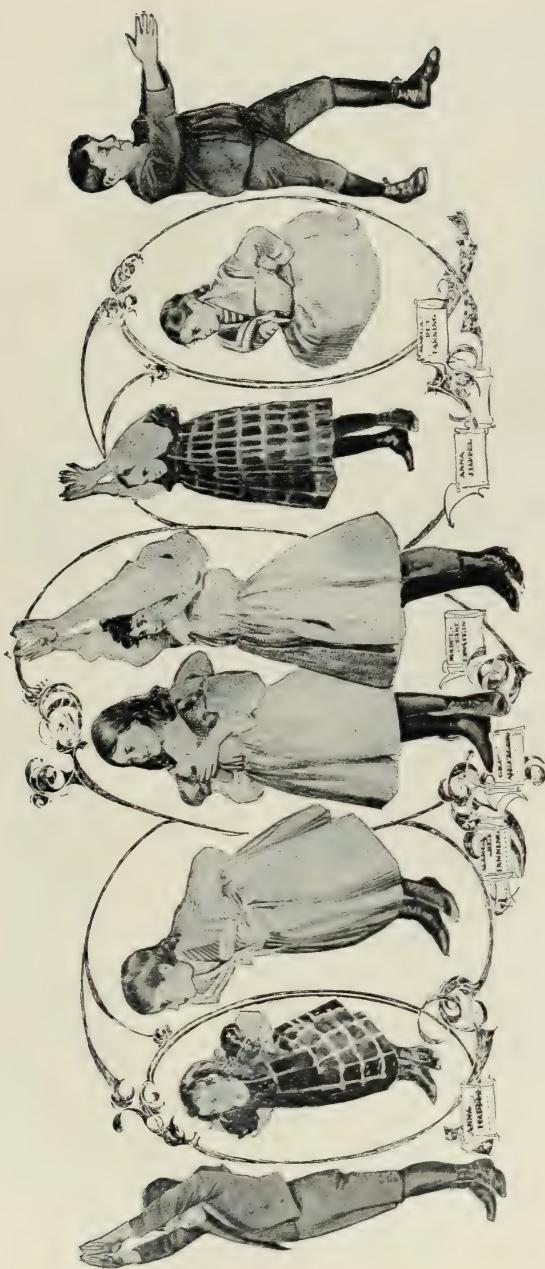
DEEP BREATHING

First of all should come proper breathing.

It is somewhat remarkable that we should have been breathing day and night ever since we came into the world, and yet that very few of us know how to breathe properly. At least there are very few of us who make a daily practice of deep breathing—not an occasional respiration longer than usual, but fifty or more of them taken systematically during the course of the day. It is said that nine-tenths of our colds can be cured in their incipiency by deep breathing.

I have heard, indeed, of a health club which enjoins upon members that each shall take at least one hundred deep breaths, ten at a time, during each day.

It is hard, however, to think to do anything ten times at regular intervals throughout our waking hours. It is too much like taking medicine, or rather not taking it, for who has not placed a quota of powders in the pocket or purse to doctor with while at business and found the whole lot intact on returning home at night? But deep breathing is important enough to pay one to form the habit. If we take a daily walk for exercise solely, the deep breathing may become a natural accompaniment. Those who exercise day or night in their rooms can throw



PHYSICAL CULTURE FOR THE LITTLE MEN AND WOMEN OF THE 400

GYMNASIICS



NO. 1: LYING FLAT ON BACK, ARMS EXTENDED ABOVE HEAD, CHEST DEFLATED
NO. 2: LYING ON BACK, ARMS EXTENDED, CHEST INFLATED
NO. 3: SEATED, ARMS EXTENDED, CHEST INFLATED
NO. 4: LYING ON BACK, FEET AND ARMS EXTENDED UPWARD, CHEST DEFLATED

FORM EXERCISES FOR GRACE AND STRENGTH

(330)

open the window and take a dozen deep draughts as a preliminary.

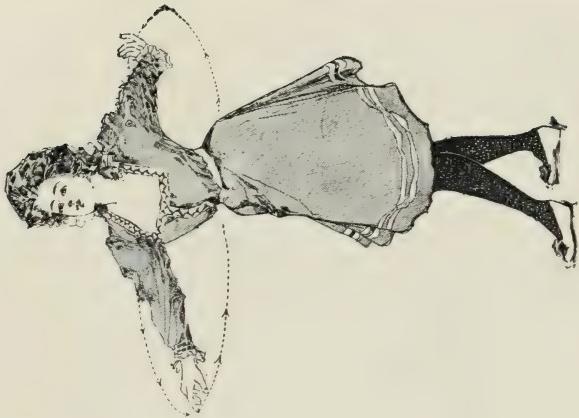
We can all, every one of us, enjoy a few full respirations, the more the better, when we are leaving home in the morning or returning at night. Let me give you my little system which will soon develop into a habit. When you start out, take only one inhalation (always through the nose) to each four steps, and expel the air through the mouth on the next four. Keep this up for a day or two and you will find that five steps to a breath will come quite as easy and after a while six or seven. When you can take eight steps at your ordinary gait while inflating the lungs only once and when you can empty them during the next eight steps, and keep it up for ten minutes, you will have a chest expansion which will stand you well in hand against any attack of lung trouble, and you will have acquired a habit of deep breathing, and erectness of figure which will be of value to you as long as you live.

The ordinary half breath, such as we take when sleeping, or unconsciously, when awake, does not go to the bottom of the lungs and enter all the little air cells whose function it is to oxygenate the blood. As a consequence, the air in these unused cells is valueless and the blood which comes for its oxygen goes away without it. This left-over, shopworn air needs to be replaced with fresh goods and the deep breath is the only thing that will do it. It is said to require seven full inspirations to clear the lungs entirely of this residuum and fill all the cells with pure air. This done you will often feel a tingling

sensation as the blood courses through the veins, you will become sensible that your clothing is too tight for you, that you are a much bigger individual than you thought you were and you become aware that you are looking up and over peoples heads instead of down at their knees. The hermetically sealed house which you have lain in all night, or the stuffy office which has held you all day are in turn forgotten. You face the wind like a fallow deer and are at one with Nature.

A breath is a little thing, but a deep breath, if it become a habit, is a big thing—well-nigh big enough to make the difference between a consumptive and an athlete. Cultivate the habit of deep breathing in the open air and then boudoir gymnastics, persistently followed, will prevent you from growing stiff or stout, and will remedy many physical defects which are the results usually of bad habits and inaction.

Even young girls inclined to stoop, and anæmic, may take exercises every morning which will prove of incalculable benefit to them. Simple appliances only are needed, or, indeed, none at all. The boudoir exercises may include the use of the stick, dumb-bells and clubs. They may be perfectly well taken in the nightdress. The windows should be thrown open, enough to admit the fresh air. The first exercise should be a breathing exercise. The subject stands perfectly erect, heels together, and arms extended straight in front, palms touching. The palms are now separated, the arms sweep backward. The exerciser meanwhile draws in a deep breath. Next the arms are thrown as far backward as possible without inconvenience,



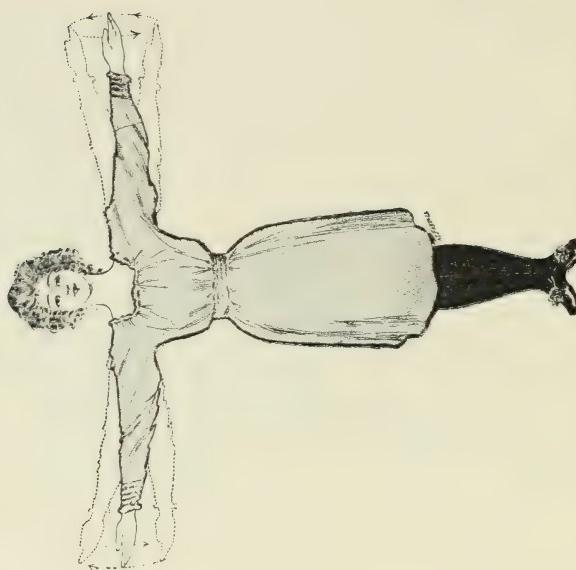
EXERCISE TO EXPAND THE CHEST



EXERCISE FOR STRENGTHENING MUSCLES
OF THIGH AND SIDE



RUNNING FOR STRENGTH



EXERCISE FOR ERECT FIGURE (SWEDISH MOVEMENTS)

the lungs are expanded, and the exercises reversed, the arms brought to the first position and the breath exhaled. These movements should be repeated about five times.

The next movement is as follows:—

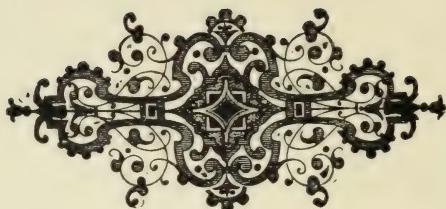
The subject drops her arms close to her hips and raises them above her head without bending the elbows, but drawing in the breath during this movement, exhaling the breath as the arms are dropped to the hips again. Next the subject doubles her fists and draws them toward her until they strike her shoulders, the elbows being close to her sides. Then she extends them full to the front as though striking at a punching bag, inhaling and exhaling at each movement. The neck exercises should follow; the subject lets her head drop forward as though she had no control over the muscles of the neck. She then rolls her head with a circular motion from side to side as though she were trying to describe a circle.

The next boudoir gymnastics are usually those with the dumb-bells. The first four simple dumb-bell exercises are practiced. The leaning movements, where the subject leans forward until the tips of the fingers touch the toes are also excellent. The leg swing, where the subject tries to see how large a circle she can describe in the air by swinging first one leg and then the other, using the large toe as a marker, is used for developing the thigh, and brings into action all the muscles of the leg from the foot to the hip.

High kicking is also practiced, but I disapprove of it, as I have known serious results to follow, and it is usually too much of an exertion.

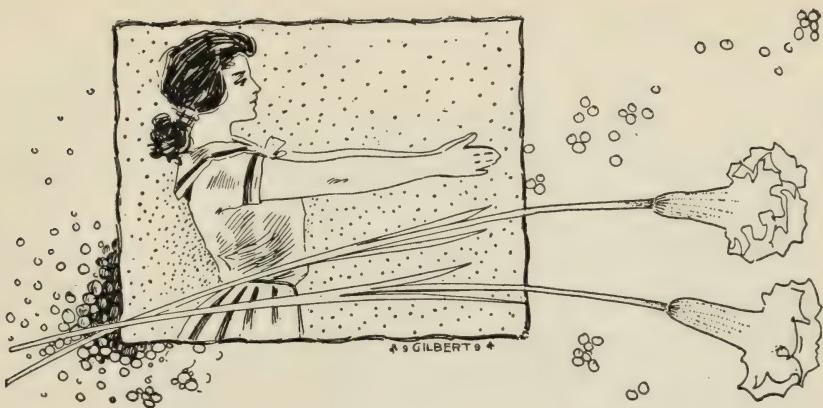
There are several good books on physical culture, most of them a little too complicated for use without the aid of an instructor. The broomstick exercises, as well as those of the bells and the clubs, are perfectly described in a little book called "Handbook of Light Gymnastics," which can be purchased for a very small sum at any of the booksellers, and is very simple.

Another and more detailed book giving directions for the use of dumb-bells is "Beale's Handbook of Calisthenics." This costs at retail about seventy-five cents.









CHAPTER XXXIX

PHYSICAL CULTURE—Continued

Have mind upon your health.—*Julius Caesar.*

THE Swedish or Ling system and that of Dr. Schreiber require no apparatus or aid of any kind; are easily taught, and do not involve any great fatigue. The method of Dr. Schreiber consists solely in a series of rhythmic gestures of the body and limbs, performed in the following order:—

- 1st. Describe a circular movement with each arm twenty times in succession. Extend the arms forward, outward and upward, thirty times in succession, taking eight or ten deep inspirations between each series.
- 2d. Execute a circular movement from the waist, swaying the upper part of the body slowly round, the hands resting on the hips, thirty times.
- 3d. Extend the leg as nearly at right angles with the body as possible, twelve times each side, taking eight or ten deep inspirations between each series.

4th. Extend and bend the foot twenty times each side; perform the gesture of reaping or sawing thirty times; bend each knee rapidly twenty times; take eight or ten inspirations.

5th. Raise the arm swiftly and rapidly, as in the action of throwing a lance, twelve times in succession; throw out both arms simultaneously twenty or thirty times; take eight or ten deep inspirations.

6th. Trot on one spot, resting the hands on the hips, and lifting the feet briskly, a hundred to three hundred times. Take eight or ten deep inspirations.

7th. Jump with the hands on the hips, and the head and body erect, fifty or a hundred times. Take eight or ten inspirations.

The proper execution of these various movements, which should be performed with vigor but without haste and with intermissions for rest, should not consume more than a good half hour of time. Every gesture should be well defined and separated by a little pause from the preceding and subsequent movement. No woman should ever exercise to the limit of her strength, and pain and exhaustion are to be feared and avoided. The room for taking these exercises should be spacious, well ventilated, and with just as little furniture as possible. The dress of the performer should be loose and light. The modern gymnasium suit is exactly adapted to this work. Low-heeled, easy shoes should be worn—or better still, shoes without heels at all.

While adequate exercise without apparatus is quite possible, the latter, however, is of special value as a daily





4: TRYING FOR THE GOAL



2: A GOOD CATCH



3: READY TO THROW



1: MAKING A PASS

reminder. For instance, a Whitely Exerciser hanging in your room will help keep you to your work, especially as it admits of a great variety of movements including some of the most beneficial out-door amusements, such as rowing and swimming. It can be used by man or woman, boy or girl, and makes the muscles supple, not lumpy as may be the case from dumb-bell work.

DUMB-BELL EXERCISES TO BUILD UP THE CHEST

I am very often asked what kind of skin food shall be used to develop the chest and bust.

Now, no skin food will do this work alone. The subject must practice light gymnastics and deep breathing. In connection, massage, with a good skin food, is advised, but it must be understood that the skin food alone without physical culture will do little or nothing in the way of developing the chest and increasing the bust measure.

One of the simplest forms of light calisthenics is with the bells. The small, wooden bells, weighing not more than one-half pound each, are best.

The subject must wear a loose dress but no gymnasium costume is necessary. Shoes with flat heels must be worn and every garment should be loose admitting of great freedom of motion. Don't attempt to exercise in a room that is not well ventilated. Open the windows so you will have fresh, pure air to breathe.

In exercising keep the head up and breathe deep and full, allowing the chest to expand to the utmost. The time to take a full breath is when the muscles are relaxed.

In the first movement for developing the chest, as seen in illustration No. 1, the bells rest easily on the shoulders, the subject throws the arm out and back ten times, alternating first the right and then the left.

No. 2 shows the same movement performed with both arms simultaneously. This movement should be practiced ten times also.

Nos. 3 and 4 illustrate the second movement, showing the arms and hands at rest and in action; practice this also first with one hand, then the other, then with both, ten times each.

Nos. 5 and 6 illustrate one of the very important movements for the strengthening of the muscles. The bells rest upon the shoulders, and in the movement the arm is thrown straight up by the side of the head. This movement should be repeated also ten times, first with the right, then with the left, then simultaneously.

Nos. 7 and 8 illustrate the fourth movement. Here the bells in repose rest upon the breast. In the movement the subject throws the arm directly out and brings it back again to the breast as before, first with the right, then with the left, then with both hands.

There are other movements for chest development, but these four are excellent and so simple that any woman by looking at these pictures should understand perfectly well how to perform them.

The great point about taking exercise is to be persistent in it; not to overdo in the beginning, and not to permit the monotony which is sure to follow at a certain

stage in all gymnastics to discourage one and cause one to drop the exercise.

You can't develop your chest in a day, or a week, or a month; you can do a great deal, however, in this way in three months if you are in good health.

These exercises can be performed at home in one's own bedroom; beginners should not practice over fifteen minutes a day for all four of the movements.

Never take the exercise when overfatigued, or directly after eating.

In addition to the calisthenics, frequent ablutions with warm water, massage with electricity, if it is to be had, plenty of sleep in a well-ventilated room, and simple and nourishing food are advised.

FLAT-CHESTED GIRLS

Symptoms of a flat chest are seen in young girls frequently as early as nine and ten years of age. Such girls should be trained to increase the actual size of the lungs—or, more properly speaking, to expand their unused portions.

When the lungs expand fully they press the ribs and the breastbone outward. For this reason, the best exercises for an undeveloped child will be exercises that call for repeated lung expansion. Singing lessons are excellent, but must be taken with moderation during the forming period. Young girls and children under fourteen who have flat chests should be encouraged to exercise in hopping, skipping and running. All of these exercises

expand the chest, although they are properly called leg exercises.

In running, always begin slowly, then increase, and never run to the utmost speed. Always close the run with the same moderation with which it was commenced.

STOOP-SHOULDERED WOMEN

No woman who stoops can have any style about her. The woman with round shoulders may put on the most swagger French gown, but she will not look a bit smarter than though she were arrayed in a bargain-counter costume.

But round shoulders are very easily cured in young people; they are not difficult to repair in women over thirty, and I have seen them remedied in grandmothers.

The first thing for a girl or woman to do who wants to straighten her shoulders is for her to determine to do so. She will have to exert her will power, as one always must to break a habit. For while round shoulders are sometimes the result of a weakened system, they are far oftener the effect of a habit proceeding from carelessness. Girls who are studying, women who read, or write, or who are troubled with defective vision, are most apt to grow round shouldered.

The best way to cure round shoulders is by beginning at night with a radical change in the sleeping position. All stoopers sleep upon high pillows, taking up the bad chest contracting habit at night and continuing it without intermission till morning. One small, flat



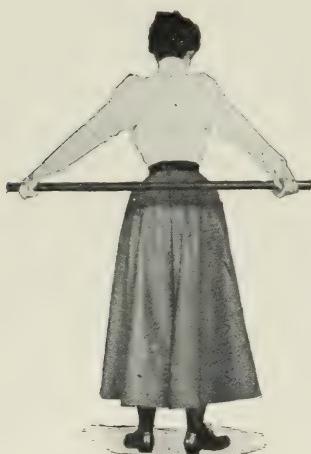
TO DEVELOP CALF OF LEG



TO REDUCE SIZE OF WAIST

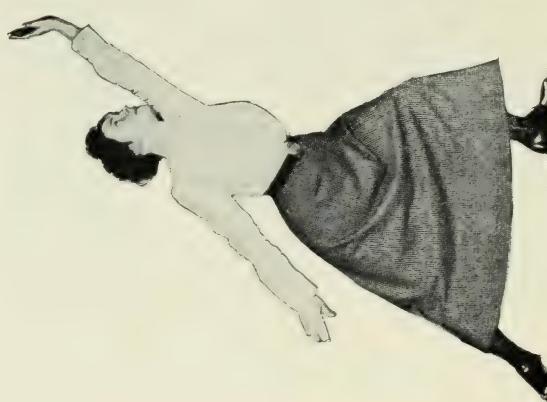
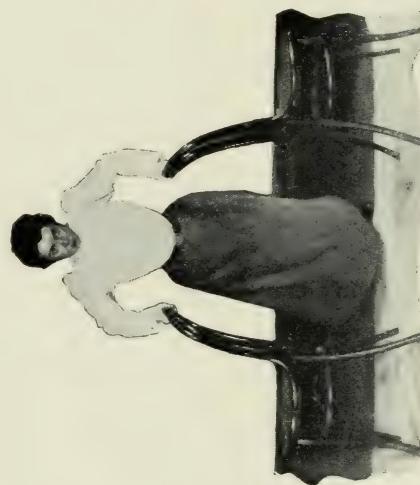


CHEST DEVELOPMENT AND ROUNDED ARMS



THE FIGHT AGAINST FAT
EXERCISES FOR REDUCING HIPS AND MAKING WAIST SUPPLE

(348)



pillow is all that any one needs. The round-shouldered subject should really learn to sleep without any pillow at all.

Then during every moment the subject is awake she should make an effort to bear her infirmity in mind. It is easy enough to stand erect—while you think of it—but a trifle hard “to remember not to forget,” as the children say. Stand straight and look up, not down.

Round-shouldered persons are not often aware of the fact, but they rarely look people in the eyes, as they walk. To acquire the habit of holding the head up, there is no better practice than walking about one's room for half an hour each day with a book balanced on the head.

In addition to these simple methods practice chest expansion. I wish all round-shouldered girls who write me, and their name is legion, would try to cure themselves and not expect that any external lotion or some absurd and senseless application will do the work miraculously. It is quite right to give nourishment to the skin and tissues from the outside, and round-shouldered women frequently need a skin food which should be rubbed well into the chest, up and down the back and across the shoulders. But skin food alone will accomplish very little. You must stand erect, hold up your head, keep your eyes on a level with people's faces, sleep in a proper position and practice persistently month in and out some form of physical culture. The very simplest chest exercises, heretofore described, will answer.



CHAPTER XL

PHYSICAL CULTURE—Continued

Only we want a little personal strength.—*Henry IV.*

INCE the cry came from Paris that "hips will not be worn this season" many hitherto proud possessors of those articles began to think out various schemes to rid themselves of the superfluous flesh. Some women found this an easy task, since it consisted merely of loosening a couple of strings and removing the undesirable cushions bodily, as it were. But, unfortunately, in consideration of the present modes, every woman does not have hips of woven wire and horse hair. They are layers of "too, too solid flesh," which, despite her most vigorous fretting, sternly refuse to "melt."

The present styles of dress necessitate more than ever before a well "set up" figure, to borrow the West Point vernacular.





HALF STANDING, TRUNK BENDING BACKWARD



EXERCISE FOR STRENGTHENING ABDOMINAL MUSCLES

The popular idea that your whole body will move gracefully if you hold your head up and your chin out has not proved always satisfactory.

We are each more or less affected by the fact that we come of generations of women who have, so to speak, broken at the waist line. Sometimes because we and our ancestors have worn indifferent corsets; frequently because we have been swept off our feet by a dress-reform wave and have thrown corsets to the dogs, metaphorically speaking.

Whatever the cause, the average woman appears to be woefully weak about the lumbar and abdominal regions.

The muscles are flabby and atrophied, and nothing but physical exercise will restore them and give the woman backbone enough to acquire what is known as the rigid waist, which gives to the athletic girl and matron the carriage and distinction the narrow gowning of to-day requires.

The exercises illustrated here are especially designed to give a woman a supple and elegant walk and carriage.

Practicing them persistently and patiently for six or eight months, each movement ten or twenty times once or twice a day, will make a goddess of a girl who now looks more like a jellyfish than a Diana.

Practicing a week or spasmodically will have only the effect of making the subject a bit lame in the regions of the hitherto unused muscles, and very uncertain as to her temper; so I do not advise the attempt and not the deed.

The exercises here illustrated are devised for the reduction of fat about the hips and abdomen.

Miss Bergman, one of the most skillful exponents of the Swedish system in this country, declares that in connection with a proper diet and attention to general health these movements, for which one of her pupils posed under her directions, will not only result in the elimination of fat, but will restore the subject to her youthful grace and contour.

The Swedish exercises, like every other, should be taken advisedly and with moderation in the beginning.

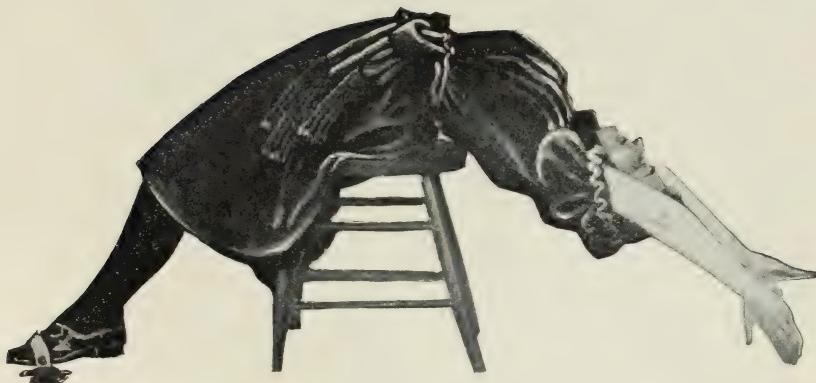
The chief trouble with obese subjects is that they rely too much, it appears to me, upon their individual and unaided exertions and pay too little attention to the counsel of those who are by experience qualified to guide them over the not altogether thornless paths that lead to slimness—and without the aid and encouragement of a person who understands what can and should be accomplished, the subject is very apt to attempt too much at first, both in exercise and abstinence, and suffers in consequence.

TO FILL OUT THIN AND SCRAWNY THROATS

At about forty, flabby throats may be looked for in plump or stout women, and generally found. The muscles that support the flesh lose their firmness usually from lack of exercise, for the woman of forty, though she is frequently unconscious of the fact, has grown a little too self-indulgent; does not bestir herself as she did ten years before; sleeps more; eats more and, increasing in flesh, is surprised to see that the once solid structure of her throat has apparently lost its underbracing.



SITTING, TRUNK BENDING BACKWARD WITH ARMS BENDING AND STRETCHING



SAME AS THE FIRST WITH ARMS STRETCHING

SWEDISH MOVEMENTS FOR REDUCING STOMACH AND HIPS

Fig. I



Fig. II



Fig. III



THROW THE HEAD AS FAR BACK AS POSSIBLE

BEND THE HEAD FORWARD TILL THE CHIN RESTS UPON THE
BREASTBONE

TURN THE HEAD FROM RIGHT TO LEFT; LET THE CHIN APPROACH
THE SHOULDER AS NEARLY AS POSSIBLE

It really is only a question of exercise, care and patience to get back again the old firmness, provided, of course, one has not ill health to contend with.

When an athlete lets up on his exercise he gets "soft," but he knows that a fortnight's training will put him to rights again and make him as fit as ever.

The woman who wishes to do so can restore her throat to its original firmness and roundness, but she cannot accomplish this desirable end by merely thinking or talking about it.

She must exercise, do work that no one can do for her.

The illustrations show exercises for developing and restoring the throat.

They are so simple that any woman can understand and practice them.

The first movement consists in allowing the head to drop gently upon the breast, as far forward as it will without straining.

Next raise the head and throw it as far back as possible. Then forward again, etc., until the movement has been performed twenty times.

Next the head is turned as far to the side as possible, the body remaining motionless, the head bent toward the shoulder as low as it will reach without an actual strain of the muscles and tendons. This movement should be practiced also twenty times; the neck first turned to the right and then to the left, ten times on each side.

The same movement, with the chin raised as high as possible, repeated in the same fashion, first toward the right, then the left.

The illustration showing the expelling of the breath when the subject slowly chants the word "blow" explains pictorially an excellent and very simple breathing exercise.

The subject first takes a deep, long breath, inflating the lungs fully.

Then she expels the breath slowly, pronouncing the word "blo-o-o-ow" as she does so.

This exercise should be repeated twenty times also.

The dumb-bell exercises illustrated in an earlier portion of this chapter are excellent for developing the shoulders, bust and neck.

GRACE AND HEALTH GAINED BY RUNNING

"The American girl can be saved by proper physical training from becoming the American woman with nerves," said Mr. William Blaikie, author of "How to Get Strong, and How to Stay so."

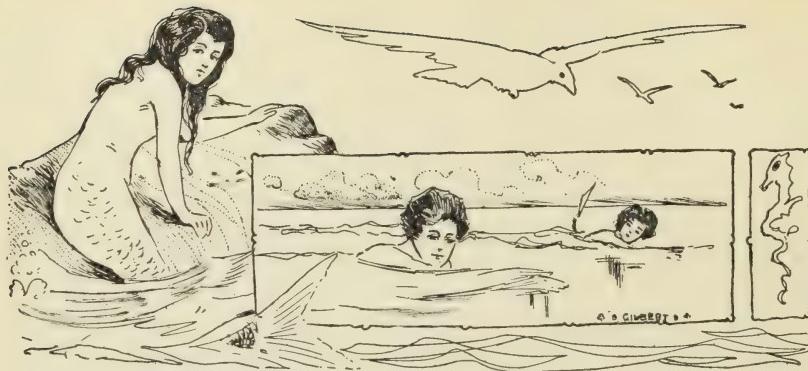
"This physical training should begin during the earlier years of childhood. Take a girl at her fifth birthday, and teach her to run slowly, with erect carriage, as far as she can with comfort every secular day until she reaches her majority. Suppose by fifteen she ran as far as she could with comfort in ten minutes, would it trouble her much at eighteen, or at twenty-one to run a mile at a good pace, too?

"Is it not likely that even several miles under favoring circumstances for instance, in a hare and hounds game, would disturb her? Had she been taught to run

properly, never touching her heels to the ground and spring lightly from her toes and sole, to hold her arms practically motionless, her chest high, as near her chin as she could get it, and keep it there—do you think that the muscles she used in running through all these years, would be weak? Would she have half-developed lungs, or well-developed ones? Would the muscles which held her body erect, be easily up to their work, and would it not be natural for her to be erect?

"Looking at a girl so trained," continued Mr. Blaikie, "do we recall Emerson's saying, that 'in all human action, those faculties will be strong which are used'? She has been intelligently using certain parts of her body and limbs for many years; not violently, not overdoing them, but rationally. This built them up and made them strong, precisely as it did for her brother who ran with her in all those daily stretches. Her most important muscle, her heart, thus also trained to strong, steady, sensible but never violent exercise, gained steadily in quality, strength and endurance. In short, she has an educated heart, educated lungs, educated limbs.

"And it has brought her many other good things, sunny, buoyant, radiant health, a feeling of equality to every demand—a magnetism, a personal charm that none but the really healthy have or know. Bright eyes, blooming complexion, a brain fed with healthy blood—not the sickly nor well-nigh worthless article—make her better fitted for all the mental work she may be called upon to do."



CHAPTER XLI

PHYSICAL CULTURE—Concluded

Leap in with me and swim to yonder point.—*Julius Caesar.*



KNOWLEDGE of how the body can be sustained in the water may mean the saving of a life to the girl or woman who seeks the pleasures of ocean, lake or stream during the summer outing. The art of swimming depends upon a few rules which may be easily learned by any one with the exercise of patience and some courage.

It is possible to learn to swim without an instructor, and the girl who posed for these pictures is an expert swimmer who never had a teacher.

When learning to swim a place should be selected where the slope is gradual from the water's edge, the bottom smooth, hard and sandy, and free from bowlders. Artificial aids, such as corks, air belts, cork jackets and the like, should be avoided, as they raise some parts of

the body too high above and allow other parts to sink too far below the natural plane of flotation. It should be remembered that the more entirely the body is submerged the more easily the head can be sustained above the water. Confidence in the floating power of the body should be acquired by the swimmer as soon as possible. This is one of the hardest things for the beginner to believe, that the body will float in the water under certain conditions. The easiest way to float is to lie on the back, the arms easily resting by the sides. This attitude not only facilitates respiration, but counterbalances the weight of the lower limbs, which should be entirely submerged, but just under the surface of the water.

No better start toward learning to swim can be made than to wade out until the water comes high up on the chest, then with a full indrawing of the breath, allow the body to sink backward with the head toward the shore until only the mouth and nose are above the water. The arms and lower limbs should be disposed as described, and if all effort be dispensed with, and the body quietly and confidently submitted to the water, it will be lightly borne. When in this position the breathing should be easy and regular, and if the body be kept perfectly balanced it will assert its buoyancy and the desired and necessary confidence be soon acquired.

FIRST ATTEMPT AT A STROKE

To attempt to propel the body through the water while floating on the back will very soon follow the discovery that it will float. This is a pleasant and very useful way

of swimming, and if confidence be retained the beginner will have very little trouble. The first movement is to draw the legs up to the body at the same time spreading them apart as far as possible. The legs should then be extended by one firm movement and at the same time brought close together. This motion sends the body forward, and when the impetus imparted is nearly but not quite expended, the legs are spread apart and brought close to the body as before, and the previous movement of extending and drawing them together is repeated. When extending the legs the breath should be exhaled, and inhaled when drawn up. If greater speed be desired the hands can be used as sculls by carrying them outward from the body and at the same time level with it, palms down. Just as the legs are closed, the hands and arms should be pulled strongly toward them.

Notwithstanding back swimming is the most easily learned, breast swimming is the commonest and most generally practiced. This is begun by gently sinking the body forward in the water and extending the arms to their full length forward, keeping the fingers closed and the palms flat. Turn the palms of both hands outward and make a strong stroke to the right and left with each arm. The hands should not be sunk deep under the water, as this tends to raise the body. The object is to keep the body as nearly horizontal as possible in the water and to propel it straight forward without raising it.

As the arms are brought round in the semicircular movement the lower limbs are stiffened and brought firmly together. The arm movements should not be more

rapid than those of the legs, as the latter are the main propellers. Unison in movement and regularity of stroke are indispensable to best results. If all hurry and excitement be avoided and each stroke and kick be accomplished precisely and completely, swimming may not only be made useful and invigorating, but the swimmer may appear very graceful in the water.

HOW TO TREAD WATER

The act of treading water is very naturally performed. The movements necessary are almost identical with the movements required in walking. In case of accidental immersion when the body is fully clothed, a knowledge of the art of treading water will preserve life for a long time. The body assumes a perpendicular position when cast into deep water owing to the buoyancy of the lungs. When the water comes up over the mouth and nose the inclination of any one unable to swim is to throw the hands up out of the water. All such effort serves but to increase the danger. When thrown into deep water one should be perfectly inactive for a short time. The head will very soon rise above the surface, and at that moment the hands and feet should be employed in nearly the same manner as in walking; the hands beating the water at the sides and the feet climbing imaginary stairs. The hands should never be raised above the surface of the water, and the head should be bent back so as to submerge the shoulders, neck and as much of the head as will not interfere with breathing.

The overhead stroke is the style known to all boys as dog-fashion. Its practice is not advisable because it propels the body slowly and its rapid movements soon exhaust the swimmer.

HOW TO FLOAT

The art of floating is more easily acquired than that of swimming, and if it be learned first it is an aid in giving confidence.

It is best, I think, to learn to float in shallow water, or moderately shallow water. If the subject be timid some one should stand beside her and for the first few trials should place the hand firmly under the base of the beginner's spine in such a way as to afford physical as well as moral encouragement.

Diving is a wonderful accomplishment, but it should never be attempted by the amateur. It demands courage and nerve, and no girl should try to dive until she is a fearless swimmer,—even then it is best to learn to dive from a comparatively slight elevation.

BATHING COSTUMES

There is an old-fashioned idea that bathing costumes should be made of flannel. I think this a mistake. The most comfortable swimming dress I have ever worn was made of black china silk; serge, while always in vogue, is heavier and does not cling less than the china silk. Of course the dress must be so made as to impede the limbs as little as possible. A skirt just to the knees,

knickerbocker trousers, a loose bodice, free at the neck, with short sleeves,—this is really an ideal bathing suit. It is a very good plan for beginners to wear a leather belt strong enough to bear the strain of lifting the body if it should become necessary.

A reaction should follow the cold plunge, and no one should remain in the water who feels chilly or shivers.

There can be no pleasure in bathing in the ocean while one is chattering with cold, and there is very great danger in remaining in the water when such a condition exists.

Occasionally a sea bath will give one a headache, in which case the person should leave the water immediately. The same is true in case of an attack of giddiness or coldness of the extremities. The practice of taking a stimulant before or after the bath is a very bad and unwholesome one. Women in a normal state of health do not require a stimulant either before or after a sea or fresh-water bath.

It is best to be provided with a bathing gown or wrap which one can fold about one's self both for warmth and protection from the sands to the bath house.

CRAMPS AND VERTIGO

At the slightest symptom of a cramp, which is easily recognized without a description, call to some one to aid you in leaving the water if you are unable to propel yourself, or if for any reason you think you may not be able to reach the shore without assistance. A cramp is a

very nasty species of torment. Friction alone seems to be useful in such cases. A vigorous rubbing will usually relieve the pain and distress, but the subject should not return to the water the same day.

Occasionally a first-rate swimmer will be seized by an attack of vertigo on leaving the water, and frequently ambitious beginners overtax themselves in their efforts to learn to swim or to buffet the waves and are attacked with sudden faintness. A few drops of aromatic spirits of ammonia in a little fresh water will relieve these conditions almost immediately.

HOW TO RESCUE THE DROWNING

Accidents will happen sometimes even in the midst of a delightful summer vacation.

Perhaps you are an athletic girl and a strong swimmer. Perhaps it may devolve upon you to save some less skillful comrade from drowning. Possibly, if that opportunity came you would be absolutely helpless because of your lack of knowledge upon the art of life-saving.

It will do no harm anyway to be prepared in case of such an accident.

Do not wait for the drowning person to come to the surface before you attempt a rescue, for it is quite likely that he will not rise at all. Act immediately. Watch for air bubbles on the surface of the water and plunge in about where your judgment tells you the drowning man has gone down. Great caution must be exercised, for if

you are clutched too effectually your work of rescue may have a most disastrous ending. Approach the drowning man from the back, hold his arms to prevent struggling, lift his head just above the water and with vigorous, even leg strokes swim for shore.

It is important to remember that in swimming with a person through the water his elbows should be kept away from his sides. This expands the lungs and adds to his buoyancy.

If you are grasped by the drowning man radical measures must be resorted to. If clutched about the neck lean over him, place your left hand on the small of his back, seize his nostrils with your right fingers and press him away from you. He must open his mouth to breathe and during the choking which will ensue you can get complete control.

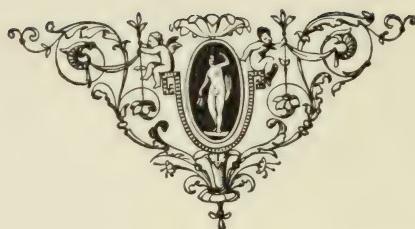
If clutched about the body place your left hand on his shoulder and bring the right knee against his chest, push with all your might and you will be released.

Lay the subject flat on his back with a support under the shoulders and loosen all clothing. Roll him over until he is face downward, his head resting on one arm. Thoroughly cleanse the throat and nostrils of all matter which may obstruct the air passages, and return him to the first position. Draw the tongue forward, fastening with a handkerchief to prevent its falling back into the throat.

Proceed to the work of artificial respiration. Grasp his arms below the elbows and draw them upward and outward above the head. Hold them here for a second or two, then carry them back and press them firmly to

the sides and front of chest. Repeat these operations about fifteen times a minute, until natural respiration is established.

To promote warmth and circulation is the next care. Rub the person well all over the body, especially in the direction of the heart, so that the blood will flow naturally in that direction.





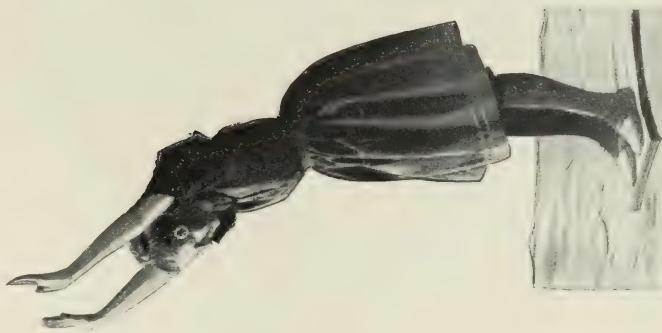
TREADING WATER



FLOATING



SWIMMING



READY TO DIVE

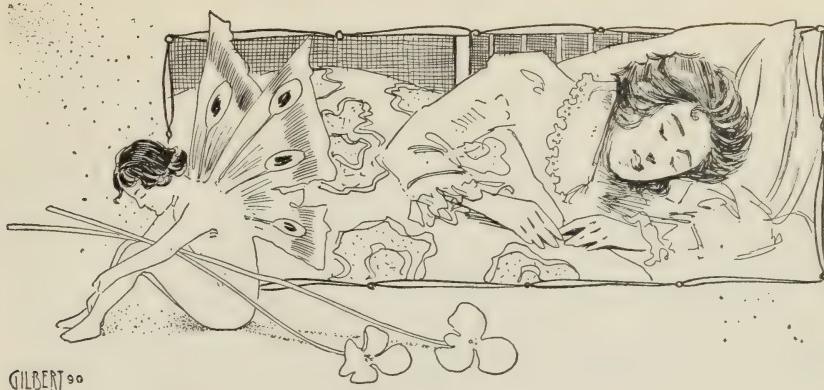


THIS POSITION RETARDS THE CIRCULATION OF THE BLOOD



THIS POSITION INVITES NIGHTMARE





CHAPTER XLII

HOW TO SLEEP

Sleep, that sometimes shuts up sorrow's eye.—*Shakespeare.*



S SLEEPING is one of the most important functions of life, it is necessary to know how to prepare for it, and how, if possible, to maintain a healthful and comfortable position during the hours of repose.

Altogether too little time is given to rest. The majority of people are workers. They toil from six to ten hours daily, and are not content to make their play-time short. Instead of eight hours sleep, recommended by the laws of health, they seldom get more than five or six. This of course quickly destroys both health and vigor, especially of women. Somehow, lack of sleep affects a woman's looks more quickly than a man's.

Sleeping rooms, too, are often unsuited for the purpose to which they are put. There are any number of girls

and women who, having but one room to themselves, are anxious to make that room do duty for several. They convert a couch into a bed. They surround it with draperies that soon become dust laden, and they pile it with silk and cretonne-covered cushions, which are used daily but seldom cleaned. All this they prefer to a clean white bed. The walls of this room are hung with innumerable gewgaws, which they suppose are artistic, but which only succeed in being unhygienic. If one hope for the best health, she must make some sacrifices; and after all, it pays in the end.

The Japanese would never think of sleeping in a furnished room. In their sleeping apartments there is nothing more than a roll of matting which constitutes a bed. Americans would do well to follow the hardy little Oriental in this respect.

The most hygienic night robe is a cotton one. If possible, wear it also in winter in preference to a heavy flannel one. Never tuck it under the pillow during the day. It should be first thoroughly aired, then hung in the closet.

The best way to arrange one's hair in the night, is to plait it. It should be braided loosely to prevent the hairs from breaking, and in one braid.

Beds should not be soft and downy, and girls and women must not, as a certain physician says they are apt to do, surround themselves with a great many pillows. This is enervating, prevents ventilation, hinders circulation and renders the flesh flabby. A hard bed is best for making firm flesh.

To sleep prone upon the back, as shown in the illustration, is unhygienic. With the figure propped up with many pillows and the knees raised, it is impossible to obtain beneficial sleep. This position sends the blood to the brain, and induces nightmare and bad dreams. It causes the mouth to drop open, thus making nasal breathing impossible.

Sleeping on the stomach is also unhealthful. It hinders digestion and circulation, and renders breathing difficult.

By the pictures it will be observed that in both incorrect positions, the arms of the sleeper are thrown over her head. This is what particularly impairs the circulation.

Sleeping on the right side stretches the muscles about the heart, and increases any trouble one may have with that organ.

An eminent physician says that the correct way to sleep is on the left side with the arm thrown behind. Animals sleep as nearly upon the chest as possible and they adopt the best methods usually, in these matters. As shown in the picture, this brings the body nearly, but not quite over the chest. This is the best position for promoting health and a fine figure.

That the brain may receive more perfect rest, the room should always be darkened, during the hours of slumber. For those who are bad sleepers this precaution should especially be taken.





CHAPTER XLIII

BEAUTY AND HEALTH FOR THE BUSINESS WOMAN

*Because their business still lies out o' door.—*Comedy of Errors.**

THE business woman's good looks are as important and essential to her success as beauty and wealth to a society woman. We may dodge the issue for a time, and we may prate about brains and capacity and all that, but when the opportunity offers for a place, other things being equal, the best looking of the business women applicants will get the position every time.

It is scarcely necessary to say that a woman in business should dress with some severity. Laces and furbelows are out of place in an office intended for work. Business women meet men on a business footing only, during office hours. A man arrayed in evening clothes, with white kid gloves upon his hands at his office early in the morning, would not be more unbecomingly or

absurdly dressed than a woman is with her flounces, laces and jewelry.

Shirt waists, plain linen collars and ties, tailor-made skirts and blazers, are the acceptable and proper make-up of the business woman's working costume.

The woman who dresses plainly will have more time and money, also, to care for her actual self, both physically and mentally. The business woman of moderate salary cannot indulge in massage, or even visit a manicure. She can, however, do much by exquisite personal neatness and a nourishing diet, to ward off the ravages of time and care.

First of all she should cultivate a contented spirit. Recollect that nothing so soon fixes disagreeable lines upon the face as habits of scowling, or facial contortions of any description.

Keep your soul above the petty trials of life. Look up, my dear friends, and forward. Above the roughness of the earth you will always find a bit of blue somewhere in the firmament, and if you watch patiently you will find a little star of hope trying hard to send you a loving little twinkle of encouragement out of the blackest night.

Don't waste your strength in losing your temper over small things. We have just so much vital force, each one of us. If we waste it over trifles (and a lot of strength escapes in each angry word) we will not have it for our work or our diversion.

The business woman of necessity makes but the one toilet for the day. She should, on rising, take a full sponge bath,

carefully washing her face with hot water and soap if she has used a cream or lotion before going to bed—in clear, tepid water otherwise. Every particle of soap must be washed out and finally the face rinsed in clear, cold water. Where a woman is strong enough I heartily advocate the cold plunge. Draw the water the night before and there will be no shock, and the stimulant of a cold morning bath gives tone to the system and stands by one like a tonic whose influence is felt all day. A little Lait Virginal in the plunge or the rinsing water for the sponge bath is also refreshing and invigorating. Five minutes' exercise with a pair of light, wooden dumb-bells will mean an appetite for breakfast and will cure any disposition to morning headache.

The teeth should be brushed twice before leaving home for the day; once on rising and again after breakfast, which should be a substantial meal with a cup of good English breakfast tea instead of the complexion-destroyer, coffee.

Brush the teeth always up and down. I suggest a simple antiseptic dentifrice easily made at home for the first brushing, and a very delicious tooth wash for the second. Pass a bit of dental silk between the teeth to remove every stray particle of food. A business woman's whole future may be made or marred by the appearance of her mouth when she opens it to speak or smile.

The business woman should take at least an hour for her night toilet which positively requires a full hot bath with a brush scrub from head to foot, ten minutes at least for brushing and braiding the hair, and a careful

examination of the skin. If the cuticle be inclined to be rough a good cream should be gently rubbed into it; if the wrinkles are crowding themselves into prominence they must be kneaded and smoothed and coaxed away; if there be an ominous little patch of brown just above one cheek or a queer discoloration resembling the tiny prints of a little brown hand across the tired brow, there is no time to lose in applying a lotion which will turn these intruders pale and banish them after a little; if there be other blemishes they should be taken account of now. The gown should be brushed, collar and cuffs laid out and everything put in readiness for there will be no time in the morning; and far from least important of all rules for the business woman to rigorously adhere to is a well-ventilated chamber and a scrupulously clean, comfortable bed to sleep in. Every working woman that can possibly do so, even though it costs her a denial of luxury, owes herself a sleeping room quite apart, where she can each night rest mind and body, and undisturbed for ten long, sweet hours refresh her exhausted forces through that deep well-earned sleep that is the Heaven-sent reward of honest toil, the sleep that does indeed "knit up the raveled sleeve of care."

TOOTH POWDER

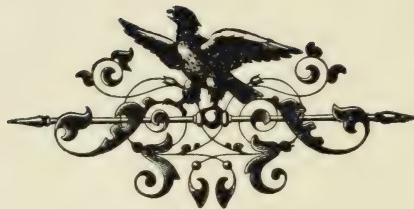
Precipitated chalk	4 ounces.
Pulverized borax	2 ounces.
Powdered myrrh	1 ounce.
Pulverized orris	1 ounce.

Mix and sift through fine bolting cloth.

VIOLET DENTIFRICE OR MOUTH WASH

Tincture orris	1 ounce.
Essence white rose	1 ounce.
Alcohol	1 ounce.
Peppermint	20 drops.

Mix. Pour a few drops into a little water and rinse the mouth thoroughly.





CHAPTER XLIV

MOTHER AND CHILD

A mother is a mother still
The holiest thing alive.
— Coleridge.



Y CHILD has a right to be born well and strong mentally and physically.

This should be the constant thought of every pregnant woman.

To bear children is the holiest mission of our sex.

To bring beautiful, noble sons and daughters into the world we must live beautiful and noble lives ourselves, for it is as true of men and women as of plants and trees, "By their fruits ye shall know them."

To the woman who has a good constitution and has learned how to take care of her own mental and physical health, maternity has no terrors; on the contrary, she looks forward with pride and joy to the advent of the babe, beloved from its conception.

Such a woman, when she learns that she is to bring an immortal soul into the world, will consecrate herself anew to all that is highest and best within her reach, and will observe morally and physically such a high standard of mental and physical health that her power of resisting all bodily ailments, as well as those of a mental order, will be immensely increased and will be imparted to her child.

The first thing to be done for a newborn baby, when it has left the physician's or midwife's hands, is to give it a bath.

The baby's first bath differs from the succeeding ablutions for this reason:—

Newborn babies are more or less covered with a thick, white wax-like material that is easier removed by an emollient than by soap and water.

Therefore the little one's first toilet should consist of an oil bath, olive oil may be used, or vaseline is equally effective.

Apply the oil or vaseline with a bit of old flannel, keeping the baby well covered during the process.

Recollect that an infant is very sensitive to cold.

The Vernix Caseosa, which is the technical name for the white substance, will yield to the unguent, and the baby, when entirely clean, may be very gently rubbed all over with a bit of old, soft linen to remove any superfluous oil.

The navel is best dressed with antiseptic absorbent cotton in this fashion:—

Take a bit of cotton about three inches square and place it on the left side of the abdomen just above the



WRONG WAY TO PUT A BABY IN A TUB



RIGHT WAY TO PUT A BABY IN A TUB



(382)

SEW THE BABY'S CLOTHES ON

navel. Lay the remnant of the navel cord upon it with its cut end pointing upward and to the left.

Arrange it so that the absorbent cotton comes under the base of the cord, and put another bit of cotton the same size over the cord.

Keep the whole in place by a soft flannel bellyband.

Flannel bands are better than linen because they maintain an equal temperature, absorb the secretions and emit less of the disagreeable odor which accompanies the dressing of the navel.

The cord also comes off sooner, frequently as early as the fourth day.

After the cord separates dress the navel with a little vaseline, apply more cotton and a fresh band.

If the navel should form a sort of pouch and protrude do not be alarmed.

Cut a thin slice of cork two inches in diameter, or even a piece of pasteboard if you have no cork convenient.

Wrap it with several thicknesses of old linen or bandage, lay it over the protruding navel and keep it in place with the flannel band.

Newborn babies require only very simple clothing.

Don't weigh the little stranger down with furbelows and frills.

Knitted silk and wool shirts, barrow coats or foot blankets, flannel skirts, plenty of napkins and slips, and a soft, light cloak and cap are all the little one requires be he the child of wealth or humble means, for the first few months.

Fortunately the long, useless dresses and petticoats that formerly were such a burden to mother as well as a hindrance and discomfort to the baby have been abandoned.

I hope it is a long good-bye as well to the low necks and short sleeves that in our mothers' days were fashionable and left the poor little baby with its shoulders and arms as bare as a modish mother at the end of the century in her opera box.

FOOD

Newborn babies need no artificial food.

Nature provides for the baby and it needs nothing but the laxative secretion which the mother's breast will yield at the first invitation from the precious little mouth.

Nurses frequently insist upon feeding a newborn baby, but it is a mistake to do so, for when the delivery is natural and the mother doing well the baby will get its proper nourishment from the breast.

If for any cause the mother fail to be able to nurse the babe a wet nurse is the best substitute.

The choice of a wet nurse is a serious matter.

The woman who is to enjoy the privilege of nourishing your child should be young, healthy, of good repute and habits, and cleanly.

She should be willing to submit to a thorough examination by a good physician and also by a dentist.

It is an outrage to put a poor little defenseless child into the arms of a woman with a foul breath and a

crime to permit it to be nourished by a foster mother whose habits are not chaste and self-respecting.

The best artificial milk seems to be cream reduced and sweetened with sugar and milk.

No exact rule can be given for this reduction, most mothers leave it too rich and the child's stomach is soon out of order in consequence.

GENERAL RULES FOR FEEDING

AGE	INTERVALS OF FEEDING	AVERAGE AMOUNT AT EACH FEEDING	AVERAGE AMOUNT IN 24 HOURS
First week	2 hours	1 ounce	10 ounces
1 to 6 weeks.....	2½ hours	1½ to 2 ounces	12 to 16 ounces
6 to 12 weeks and possibly to 5th or 6th month	3 hours	3 to 4 ounces	18 to 24 ounces
At 6 months.....	3 hours	6 ounces	36 ounces
At 10 months.....	3 hours	8 ounces	40 ounces

The best plan is to let new milk stand from five to six hours.

Take off from the top; this is what is meant by the "top milk." Dilute the top milk one half with hot water, which should be filtered; to each pint add one teaspoonful of sugar of milk, and one grain of phosphate of lime. Microscopical examination has proved that many of the infant's prepared foods contain too much starch and too little gluten to make them fit for babies, for children have not enough saliva to convert starch into sugar.

The celebrated Dr. Playfair declares that the mortality following artificial feeding in babies may usually be traced to unsuitable food, especially among the poorer

classes who imagine that milk alone is insufficient, and resort to arrowroot or cornstarch which do not digest and create intestinal derangements.

Barley, on the contrary, contains phosphates which are necessary to digestion, and the addition of barley water may early be made.

The following schedule of diet is an excellent one for babies brought up by hand:—

DIET FOR BABIES BROUGHT UP BY HAND

FIRST WEEK

Cream	2	teaspoonfuls.
Whey	3	teaspoonfuls.
Water (hot)	3	teaspoonfuls.
Milk sugar	$\frac{1}{4}$	teaspoonful.

For each feeding; to be given every two hours from 5 A.M. to 11 P.M., and in some cases once or twice a night; amounting to twelve fluid ounces of food per diem.

FROM SECOND TO SIXTH WEEK

Milk	1	tablespoonful.
Cream.	2	teaspoonfuls.
Milk sugar	$\frac{1}{4}$	teaspoonful.
Water.	2	tablespoonfuls.

For one portion; to be given every two hours from 5 A.M. to 11 P.M.; amounting to seventeen fluid ounces of food per diem.

FROM SIXTH WEEK TO END OF SECOND MONTH

Milk	$2\frac{1}{2}$	tablespoonfuls.
Cream	1	tablespoonful.
Milk sugar	$\frac{1}{2}$	teaspoonful.
Water	$2\frac{1}{2}$	tablespoonfuls.

For each feeding; to be given every two hours; amounting to thirty fluid ounces per diem.

FROM BEGINNING OF THIRD MONTH TO SIXTH MONTH

Milk	5 tablespoonfuls,
Cream	1 tablespoonful,
Milk sugar	1 teaspoonful.
Water	2 tablespoonfuls,

For each feeding; to be given every two and a half hours, or thirty-two fluid ounces per diem.

DURING SIXTH MONTH

Six meals daily, from 6 A. M. to 9 P. M. Morning and midday bottles, each:—

Milk	9 tablespoonfuls.
Cream	1 tablespoonful.
Mellin's Food	1 teaspoonful.
Hot water	2 tablespoonfuls.

Dissolve the Mellin's Food in hot water and stir into the previously mixed milk and cream.

Other bottles, each:—

Milk	9 tablespoonfuls.
Cream	1 tablespoonful.
Milk sugar	1 teaspoonful.
Water	2 tablespoonfuls.

This will all equal thirty-six fluid ounces of food in a day.

During the seventh month increase the supply of Mellin's Food to two teaspoonsfuls, and give three times daily.

During eighth and ninth months give five meals daily. The first meal, at 7 A. M. should consist of:—

Milk	13 tablespoonfuls.
Cream	1 tablespoonful.
Milk sugar	1 teaspoonful.
Water	2 tablespoonfuls.

Second meal at 10:30 A. M., should consist of milk, cream and water in the same proportion, with one tablespoonful of Mellin's Food.

Third meal at 2 p. m., same as second.

Fourth meal at 6 p. m., same as second.

Fifth meal at 10 p. m., same as first.

This gives forty fluid ounces of food per diem.

TENTH AND ELEVENTH MONTHS

First meal at 7 a. m., to consist of:—

Milk 17 tablespoonfuls.

Cream 1 tablespoonful.

Mellin's Food 1 tablespoonful.

Water 2 tablespoonfuls.

Second meal at 10:30 a. m. should consist of a breakfast-cupful of warm milk.

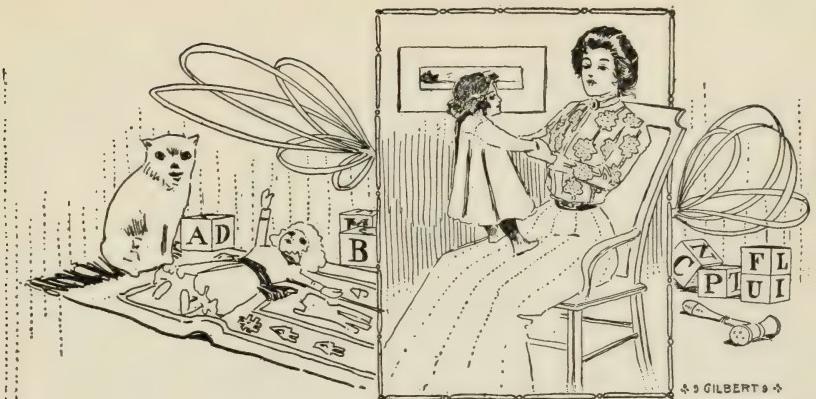
Third meal at 2 p. m. should consist of the yolk of an egg lightly boiled, with stale bread crumbs.

Fourth meal at 6 p. m., same as first.

Fifth meal at 10 p. m., same as second.

On alternate days the third meal may consist of a teacupful of beef tea containing a few stale bread crumbs. Or mutton, chicken or veal broth may be used to vary with the beef tea.





CHAPTER XLV

MOTHER AND CHILD—Concluded

We are governed with our mother's spirits.—*Julius Cæsar.*



BABY should be weaned at the end of the first year unless it is very ill from tooth cutting or the time occurs during very hot weather, when it is better to defer weaning until the teeth have come or the weather is cooler.

Milk as it exists in the udder of a healthy cow is free from any poisonous or dangerous substance but during milking and subsequent handling it acquires particles of manure and dirt which may set up a fermentation or other injurious change.

Sterilization destroys the activity and possibility for harm of these organic impurities.

In order to sterilize the milk it is necessary to submit it to an intense heat under pressure. Very simple imple-

ments may be had at a small cost by the aid of which mothers who are away from cities and towns where sterilized milk is so easily procured nowadays can superintend the process perfectly and at present the nursery sterilizer happily bids fair to be as common in households where there are little children, as the sewing machine or clothes wringer.

The best sterilizer of simple apparatus is Arnold's.

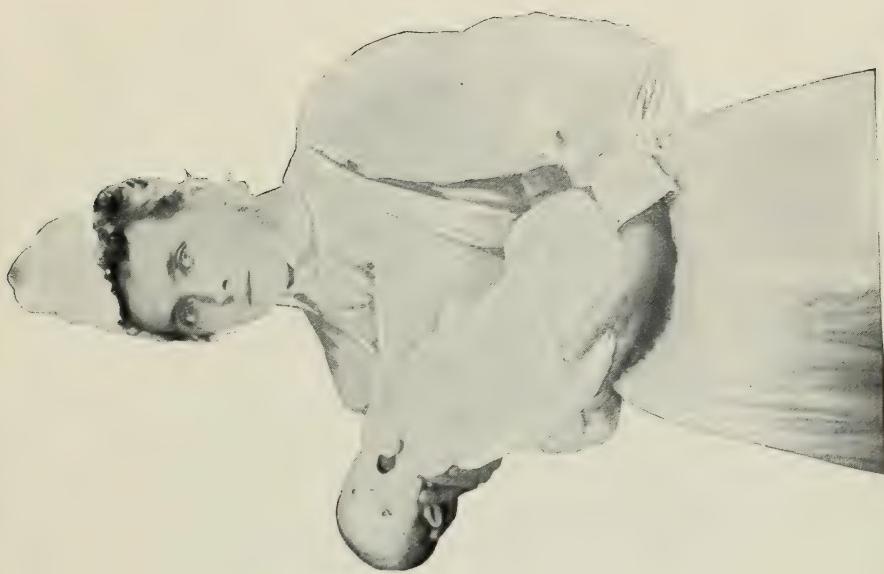
BATHING AND DRESSING THE BABY

Bathing the baby has always been a source of much interest in most households. Scarcely any other rite connected with His Majesty is as much enjoyed and appreciated as his bath. And perhaps there is one mother in ten who knows how to give the bath properly. Of course the bath is a daily performance.

She who has studied carefully this morning ceremony, before the bath begins, gathers all the articles which will be needed—a low table—on which the small tub reposes; pure hygienic soap, two wash cloths, needle, linen thread, scissors, vaseline, clean clothing, small thermometer, etc.

The temperature of the room must register about 70 degrees, Fahr., and the bath should be always at 98 degrees. These are two things which she is particularly careful to observe.

Baby is disrobed and placed in the nurse's or mother's lap on a warm flannel apron which she wears. He must be covered well with part of the flannel to prevent exposure, while mamma lathers his little body thoroughly with



RIGHT WAY TO HOLD A BABY



WRONG WAY TO HOLD A BABY

THE BABY'S COMFORT AND HEALTH DEPEND UPON ITS BEING CORRECTLY HELD



A PAIR OF OUTSTANDING EARS AND A PUG NOSE



A LITTLE PUG NOSE IS VERY MUCH LIKE WAX OR PUTTY; YOU CAN GENTLY PRESS A PUG
INTO A PRETTY LITTLE GREEK

A BABY'S OUTSTANDING EARS AND A PUG NOSE

a dripping, soapy cloth. After he is well soaped he is plunged up to his neck in a tub of clean, warm water, another cloth is substituted for the soapy one, and a good rinsing is given him. Before the water has had time to become chilled the baby is lifted out of the tub and wrapped from crown to toe in a warm flannel blanket which has a soft linen towel for its lining. Then he is gently patted (not rubbed) until every vestige of moisture disappears.

Great care must be devoted to dressing baby. He must wear the plainest clothing, and its thickness must be evenly distributed, so that no part of his body will become overheated. Even the charming, little, silk bootees are tabooed by the wise mother and long, woolen stockings substituted, or baby revels in barefooted freedom.

The old-fashioned method of pinning a young child's clothes, or even fastening them with tapes, has been abandoned, and the trained nursemaid now sews baby into his garments. Pins make cruel indentions on the delicate skin, and tapes are apt to become hard and knotted.

It is important to know just how to carry a baby. Improper handling may result in lifelong invalidism for the child. It would seem in these enlightened days that ignorance is a poor excuse for unwise treatment of babies, yet it is quite common to see a young matron carrying or allowing her baby to be carried in a manner which causes pain to the average on-looker.

Never, when carrying a child, or at any other time, allow it to bear the weight of its own head. The head must be supported, for it is liable to fall over with a jerk

and dislocate the neck. The head and shoulder blades should be supported with one hand, while the other grasps the child's feet, or end of his clothing. This forms a perfect hammock and allows no undue pressure on the delicate organs of his body. Never grasp a baby about the waist, as the pressure, no matter how slight, is harmful.

It is considered unwise to rock a child to sleep. He is placed in his little, white, iron crib, roomy and firm, a mosquito netting keeps away the flies, and he is left to fall asleep. The old-fashioned cradle, with its narrow, wooden walls and soft mattresses of unhygienic feathers, is a great contrast to the woven wire crib of to-day, and certainly the crib is an improvement.

A great doctor once remarked that bad ventilation deforms more children and destroys more health than accident or plague. Baby should never be put to sleep in bed or perambulator with the head under the bed clothing, to inhale the air already breathed and further contaminated by exhalations from the skin. As well give the little one to drink the water first used for a bath.

Powder no longer has a place in the baby's toilet. It dries and cuts the delicate skin and is actually a torture when applied to the chapped places, whereas vaseline or cold cream are healing and nourish the cuticle. I made the discovery when caring for my first baby that the more powder I put upon her tender little body the redder and sorcer the chafed spots were when the powder was washed away, so I tried something I thought would be healing. It happened to be vaseline, and proved entirely successful. I never allowed powder to be used with my other children.

In dressing an infant great care should be taken not to lift or twist his little body. It should be rolled from side to side as need be, when putting on the garments, but never lifted or turned.

Although the dietary suggested for babies brought up by hand has been greatly improved of late years by the various systems for securing pure milk and foods containing the proper amount of gluten, it is many times not the easiest thing in the world to find which one of these best suits the idiosyncracies of your baby's stomach. For this reason the "bottle-fed" baby may not gain as rapidly as the one that is nursed for the first two or three months. After that the gain should be quite as regular. By the time the "bottle-fed" baby is a year old he has a decided advantage of his nursing friend, that about this time the entire household is busy weaning. "Bottle-fed" baby is tucked down in his crib with his favorite, nice, warm tipple on the pillow beside him, quietly laughing in his sleeve at the baby that has to go through the process of being weaned.

It is claimed, and justly, too, that the old-time tube nursing bottle is responsible for the deaths of thousands of infants. No matter how careful one may be, these tubes and arrangements cannot be kept perfectly sweet and pure. The model nursing bottle has a plain, well-fitting nipple with a very small hole. It is better to buy them without holes and puncture with a fine needle, heated. If the bottle be held so that the neck is always full of milk, air cannot be sucked into the stomach.

BABY'S ACCOMPLISHMENTS

At four months baby should hold up his head; at five months he should have doubled his weight; at seven months he should sit alone; at between nine and ten months old he should bear his weight on his feet, and at twelve months give you a proud little grin when you let go his hands, hold one finger up to him and say: "Now, all alone." When he is fourteen or fifteen months old he will walk all over the room and keep you busy seeing that he does not take a "header" out of bed or down stairs. But never urge your baby to walk. He will do it of his own accord as soon as his bones and muscles are strong enough.

Let baby sleep in his little carriage out of doors if he wants to. It is not true that a child takes cold more easily when asleep; on the contrary, he will grow stronger and be less liable to take cold.

In the summer and early autumn baby may be out of doors almost any time between seven o'clock in the morning and sunset. In the winter, modified somewhat by climate, only between ten and eleven o'clock in the morning and between two and three o'clock in the afternoon. See that the wind does not blow directly in his face, that his feet are properly covered and warm and discharge the nursery maid on the spot who lets the sun shine down into your baby's eyes, whether he is asleep or awake.

That babies and little children are troubled with weak eyes is a great source of uneasiness to young mothers. Frequently the fault is their own. A white parasol may be pretty, but its effect on the baby's eyes is alarming.

In choosing a parasol cover be careful that whatever color the outside may be, the inside must be dark—preferably green. If baby is not made the victim of a white cover it is probable that his eyes will not trouble him.

A BABY'S WEIGHT AND MEASUREMENTS

Nothing tells so accurately how the baby is thriving as its gain in weight from week to week. Scientific men have given such thorough study to the "bottle-fed" baby that this tiny development of our modern civilization now stands almost as good a chance as his "mother's milk" competitor in the matter of adding a desirable number of ounces from week to week to his weight.

At birth the average boy baby weighs $7\frac{1}{2}$ pounds; is $20\frac{1}{2}$ inches high; chest $13\frac{1}{2}$ inches; head 14 inches. Girls weigh about a pound less. They are about the same height. At one year a baby should weigh about twenty and a half pounds, at two, twenty-six and a half, at three, thirty-one, at four, thirty-five, at five, forty-one.

During the first six months weigh your baby (without clothes) every week. During the next six months, at least every two weeks. At first baby will probably lose from four to eight ounces, after which he should steadily gain from four to eight ounces a week up to the time he is six months old. Now baby will begin the troublesome job of cutting his teeth, which will cut his gaining in two in the middle. But in spite of teeth he should take on from two to four ounces of weight each week. If he does not do this there is something wrong with his food, his airings or bathings.

BABY'S GOOD LOOKS

We are all of us prone to discourse on the beauties of childhood, and truly there is nothing more charming than the features of lovely infancy.

We recall instantly the little child with eyes so gentle, so fearless and affectionate, and that reflect our every emotion. We smile at the dimpled faces, the chubby little forms of the babies whom we know, but occasionally we see a little child who is a positive distortion of infancy, and perhaps we wonder only that babyhood can be so unattractive.

I happen to know a little child may be physically trained into great beauty, even with the most meager equipment, and every time I see a little tot with hideously outstanding ears, I long to reach its mother and beg her to make slighty features of these almost monstrous and unnecessary deformities.

There is no sense in permitting a child to grow up with aural appenda looking like oyster shells rudely attached to the sides of the head.

Nothing destroys the symmetry of the head as these outstanding and distorted ears.

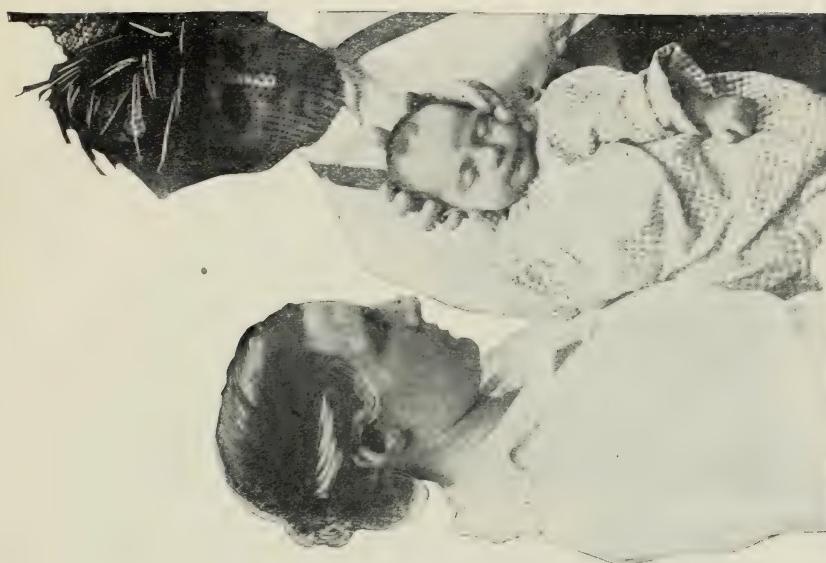
No girl can grow up to be a beautiful maiden, no boy can ever be at his best, whose ears are literally deformities.

Beginning with the day of its birth a baby's ears should receive attention. If the nurse understand her profession, she will take care always to see that the little ear is folded back against the side of the head,

BY GENTLE PRESSURE THE HEAD MADE SYMMETRICAL

HOW TO CORRECT A BABY'S OUTSTANDING EARS

THIS SKELETON CAP WILL CORRECT OUTSTANDING EARS
(394)





(400)

A PERFECTLY GROOMED BABY

when the infant reclines upon one side. When the baby lies upon its back she will see that even the softest pillow does not press the ear out from the side of the head.

Such care as this will always result in a prettily formed ear lying close to the head, as nature intended.

Where the child has been neglected in infancy it takes more time, and it takes more skill to coax the ear into the habit of lying close to the head.

For this purpose the skeleton earcap was devised about fifteen years ago, and is in almost universal use in England.

This little cap may be purchased for a trifle, or an ingenious mother may make one of straps of linen tape held together by bits of elastic tape which allows the necessary flexibility.

It is conceded that a straight nose comes nearer to the accepted standard of beauty than any other, and a flat pug nose is certainly very ugly. If mothers and nurses will but take heed, there need be no pug-nosed children.

It is a curious fact, but one which will be corroborated by all who pay attention to the matter, that persons with upturned noses invariably use their handkerchiefs with an upward flourish, whenever they have occasion to use them at all, and that those with turned down noses cultivate the very opposite manner of handkerchief etiquette. Now nothing can be much uglier than the first mentioned habit, also nothing so potent in helping the pug to do its worst.

Now the nose may be really modeled if the baby to whom it belongs is caught early enough.

A baby's nose is very much like a bit of putty. It has no bone, and it will respond to pressure, daily applied of a very wise and knowing thumb and forefinger. There is not a mother in the universe who cannot make a nice, straight, little nose out of the most hopeless baby pug if she will several times a day, by the means of the thumb and forefinger, press the diminutive organ into the shape it should have.

The baby whose picture has been used to illustrate this article had the slimmest excuse for a nose I have ever seen, but I produced on this unhappy infant's countenance in the course of two years, and that was longer than it usually takes, a very respectable, nice, little nose.

Frequently I see a child with a one-sided, lumpy head, and I know that I have before me a poor little creature who has been robbed of his birthright, physical symmetry.

Many infants present themselves to a more or less admiring family on the occasion of their first appearance, with distressingly distorted and bumpy heads. There are physical reasons for these eccentric looking little pates, and Nature will assert her authority without other assistance in most cases. Occasionally the little head fails to acquire a proper roundness, and then the hands of the mother or nurse should assist in smoothing away the unnatural and disfiguring lumps.

Where the head is long and narrow and one-sided, a gentle pressure of the hands with a movement from the

chin to the top of the head will often repair this distortion in a few weeks' time.

The pressure should be firm, never hard, and never painful to the infant.

The human countenance is of very flexible material and little children who are allowed to make grimaces very soon show the effect of facial lines that later on destroy the harmony and beauty of the countenance.

One cannot begin too early to oppose and counteract all such habits in children. (See also Chapter XXV.)

So far as the mouth is concerned the form of this feature depends greatly upon the care bestowed upon the teeth in babyhood. It is never too soon to begin to take care of a child's mouth, and it is well for mothers to understand that a baby's teeth require brushing and rinsing, and were never intended to be removed by decay.

A child should shed its first baby teeth at about the eighth year, and if they have been properly cared for these little teeth should drop out without a defective speck on any of them.

If the early teeth are looked after they will serve until the jaws are sufficiently grown and strong to produce teeth capable of doing service for a lifetime, and these teeth will come in regular and beautiful, unless there is some inherited defect either in the formation of the jaw, or the failure of some of the chemical constituents.

TREATMENT FOR SCALD HEAD

Wash the little head each night before bedtime with a pure soap, rinse and dry it with a soft towel, then apply the pomade made as follows:—

Resorcin 4 grains.

Lanolin 8 grains.

Vaseline 8 grains.

Let the ointment remain on all night, wash it away in the morning with pure soap and repeat the application of the unguent if necessary. Usually it suffices to anoint the head all night only.

If the baby be troubled with what is called "prickly heat," perhaps you dress him too warmly. Try loosening his clothing and also making it a trifle lighter. Dissolve a small teaspoonful of bicarbonate of soda in his bath. This is excellent. You might also bathe the affected parts with diluted witch hazel, using a soft linen cloth or velvet sponge.





CHAPTER XLVI

HOW TO READ CHARACTER FROM THE FEATURES

Love first learned in a lady's eyes.—*Love's Labor Lost.*

IKNOW it is the custom of many unthinking persons to jest at the assumption, so called, of the physiognomist. I have a thousand and one times been laughed to scorn when I have declared that a certain man or woman was not to be trusted because he or she had deceitful eyes and a retreating chin, and I have frequently heard the unbelievers declare that such or such a horse was a wicked-looking beast, or a good-tempered looking one.

No man alive who ever dealt in dogs but believes the signs of ugliness in their muzzles will be carried out in their behavior. If a brute—an unthinking, soulless brute—will in his actions bear out the facial signs for ugliness or good temper, why not a man or a woman?

When you judge a woman's or even a man's character it is not fair to condemn or exalt the subject because one feature is bad or another beautiful. The face as a whole must be considered. For example, a receding forehead is a facial sign for mental weakness, but a strong chin will redeem the receding brow.

There are certain well-defined types of features that infallibly stand for well-recognized characteristics. When a man selects a wife he always, unless the matter be purely one of finance, is under the impression that she has a good face.

The face of a good woman need not be always the face of a beauty. It must, however, have one or two of the strong signs of integrity and loyalty.

THE MOUTH

First of all, beware of the rosebud mouth; the mouth that is so tiny; the mouth that is formed after the good old patterns of the ancients, who gave their Venuses the mouths that were of the rosebud order, and fit only for the fickle devotees of an inconstant goddess. Women with rosebud mouths are usually vain, frivolous and untruthful.

On the other hand, the larger mouth, with full, well-proportioned lips, which when closed form almost a horizontal line with the corners, neither elevated nor depressed, is the indication of truthfulness, loyalty, firmness and justice. This is the mouth for a man to tie to.

The conceited mouth has a short upper lip. When you see such a mouth you may make up your mind that the



MARY ANDERSON NAVARRO'S LITTLE SON

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SYMBOLS OF THE MOUTH

surest way to gain the good will of its possessor is to flatter her.

The gossip's mouth is wide, with downward curves at the corners. It is found on the faces of persons who tell you disagreeable things about your common acquaintances, as well as of your immediate family. Women with gossiping lines will neglect every duty in life for the sake of setting out with a fresh budget of scandal.

THE TEETH

A woman with fairly harmonious features and a double set of perfect, regular and pearl-white teeth freely and frankly displayed in laughing, is fairly certain to be a creature of remarkable mental balance.

Such teeth accompany unusual endowments, the chief drawback in the make-up of the subject, particularly if she have the smiling habit, being a lack of firmness.

Women of tremendous resolution, concentration and fixity of purpose have a habit of closing the lips and showing very little of the teeth, even when they smile.

When you see a pretty girl with rather short, square teeth which have wide spaces between them, set her down as fickle, for these are the teeth of constitutional inconstancy.

Girls with long, narrow teeth are rarely strong physically. Consumptives who have inherited pulmonary troubles almost always have these long, narrow, frail teeth. When the upper teeth and jaw noticeably project over the lower the indications are for a rather elementary mind and an uncertain temper.

Women with these teeth are not, properly speaking, ill-tempered. They are generous and often fundamentally good-natured, but once they are roused—well, it is wise to give them the floor and to maintain a discreet silence.

Irregular teeth that look like tangled kernels of an ear of corn are the index of a badly balanced nature.

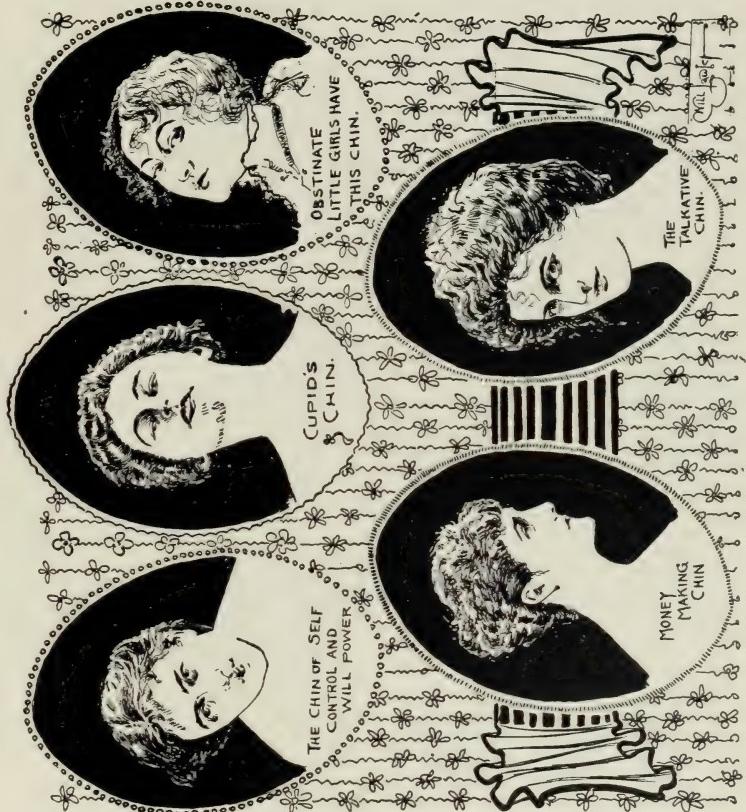
When you see a girl whose teeth naturally curve from the gum margin in toward the mouth you can wager anything you like she is prudent about money matters.

Women with uneven teeth, those which project or recede noticeably, are uneven in disposition also, and more developed in the passions than intellectually. Of course the form of the circle of the teeth must naturally repeat the form of the jawbone, and the girl with a generous mouth, which her family calls big, may console herself by the knowledge that, according to face readers, a broad mouth, full of white, even, normal-sized teeth, with jaws that meet exactly or nearly so, surely betokens a mind with a broad grasp and a generous, even temper, but rather careless nature.

The girl with the happy-go-lucky teeth exemplifies this type. She is the girl who gets taken in and imposed upon right and left, but she smiles and forgives and never learns that the world is hard and selfish, no matter how long she lives.

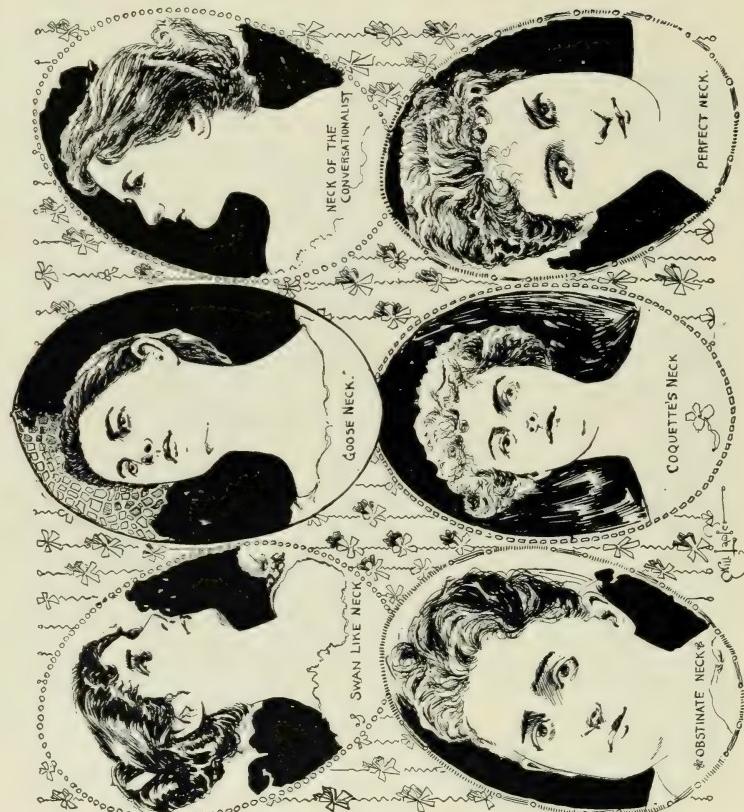
THE CHIN

A woman's chin is also a telltale feature. People with small, weak, receding chins rarely have much will power. This type is also called treacherous. Its possessor would



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TYPES REVEALED BY THE CHIN



TYPES REVEALED BY THE NECK

be deceitful and disloyal because she would not have the strength of will to be anything else.

A round and rather full, well-formed chin denotes a sweet, yielding temper.

A pointed, projecting chin betokens avarice. When the subject has also a long, hooked nose you have two of the characteristically facial signs of the miser.

A square chin of good size, with an indentation in the center, is the accompaniment of a firm, capable nature. Its owner will not, perhaps, be quite so gentle as the girl with the round chin, but other things being equal, she will be more of a helpmeet.

THE NOSE

Personally I am much impressed by the indications of the nose. For example, the nose of the conqueror, which is the aquiline, is found upon the faces of most of the great warriors. Napoleon had such a nose; so had Wellington.

The Greek nose, which forms a straight line from base to tip, is considered the perfect nose. It indicates a gentle, peaceable nature, with a love of the beautiful—of the arts and of home. The Greek nose does not belong to the most forcible type of womanhood, but Greek-nosed women rarely are quarrelsome, and with a good, moderately large mouth, a Greek-nosed woman will usually prove a treasure.

Alas for the snubs, for they are usually found upon the faces of cruel women. I do not refer to the *nez*

retrousse, which is just tip-tilted enough to be saucy, but to the real snub which is flattened upon the face.

Look out for the snub nose every time, but if you happen to strike it in conjunction with a small rosebud mouth, round nearsighted eyes and tiny shell-like ears, flee for your life, for you have encountered the incarnation of perfidy and cold, treacherous cruelty.

The Roman nose is a good one. It is called the nose of wealth, and in its exaggerated forms it indicates a tendency to avarice. If you want a prudent wife, one who will be saving and thrifty, select the girl whose nose has a little hump on it. She will have more at the end of twenty years, though she started out empty-handed.

THE EYE

No feature of the face is more self-assertive than the eye.

Large, round, wide-open eyes are a sign of amiability and gentleness in young girls, but always indicate a very childlike and undeveloped character. When these eyes are clear and luminous it is a sign of great trustfulness.

These women remain childlike always—or if they grow worldly wise and suspicious their eyes narrow perceptibly during the process.

Protruding eyes are a sure sign of a good memory, so it will be well for the summer man who is not in earnest not to commit himself. Just consider that the girl with the slightly bulging orbs is usually very clever mentally, capable of strong emotions and possessed of a

memory that makes her a terror to the youth who desires to be forgotten.

The girl with deep-seated eyes is rarely to be found with the merry, laughing throng of mischief-loving young women that haunt the hotel piazzas of the watering places. When she is discovered she is often alone with her thoughts, which are somber frequently, as her companions. She is introspective, and the man who becomes her slave will have to answer an entire series of questions upon the good, the true and the beautiful to say nothing of the muchness of the much and the greatness of the small. The maid with the deep-set eyes is in dead earnest. She takes herself very hard. There is no nonsense about her. Be warned in time.

The long, narrow, Oriental-eyed girl is a variation of the summer girl, who is also to be handled as a parcel marked "With care; glass." She is charming and her timid, oblique, dreamy but watchful expression means everything on the list but that condition of inertia that comes before dreams with ordinary mortals.

The long-eyed girl is suspicious—she is charming, but oh! she is jealous, and I advise her swain to give her no cause to distrust him, else she will make life such a burden as it hath not entered into the joyous soul of the inexperienced summer youth to conceive of.

The eye of the coquette scarcely needs description. It is in evidence every moment of the day and every second of the first half of the night, wherever men and women congregate. It may be round or long, wide or narrow. It is never tranquil. Its possessor is "making eyes" every

moment of her life. She may make them to your undoing. You may love her with all the strength of your being, but you will be very foolish if you trust her. She gives a shy glance and looks down.

“ Beware, beware! She is fooling thee!”

THE EYEBROWS

A woman's eyebrows indicate sentimentality when they are narrow and drop at the outward corners. They are humorous when they are arched toward the extremity, credulous when the arch is nearer the nose, and suspicious or even malicious when they are very thick, heavy and meet at the nose.

THE EAR

The ear is a significant feature and a great telltale. The æsthetic ear is small and shell-like, beautifully chiseled. A flabby, long, narrow ear is a sign of humility and weakness. On the other hand, the steadfast, courageous ear is of medium size, oval in shape, and well defined in its convolutions. The lobe is detached and the ear is set moderately low upon the head. The gossip's ear is large, is usually strongly curved at the upper part and is set rather low upon the head.

By these signs, not taken separately, but collectively, balancing a weak point by the strength of a powerful feature, you cannot fail to detect the characteristics of your own or some one else's sweetheart.



GILBERT 14

CHAPTER XLVII

EMACIATION

I am but a shadow.—*Shakespeare.*

EMININE beauty is not compatible with either extreme stoutness or emaciation. The fat woman is repellent because all the contours of beauty are gone; the hollow-cheeked, angular, flat-chested woman cannot be really physically lovely either, but the grossness of obesity is certainly more to be deplored than the cadaverous condition of emaciation. The path which leads to flesh is one of roses compared to the road which the corpulent must tread, as you will see. There are a number of causes of emaciation; sometimes the tendency is inherited, and if there be a chronic organic disease, such as consumption, or an inherited scrofulous disease, the directions I have to give can only avail to a certain point; but for the ordinary, everyday too thin woman

there is a certain and sure cure. First of all, plenty of fresh air, for, paradoxical as it may appear, the very rule by which fat women are to burn up their superfluous adipose tissue, is the method by which the thin ones must increase their muscular strength and put themselves in a condition to assimilate the food which is to produce the fat. Let all the thin women obey the following rules, and unless they have some chronic ailment, I will stake my reputation on the result:—

HELPFUL SUGGESTIONS

On arising or while you are still in bed, if convenient, drink a glass of milk. Practice with your dumb-bells for not more than five minutes, and dress leisurely, don't allow yourself to get nervous; no one ever gains any time by it, and many women have absolutely chiseled lines into their faces in the nervous contractions of the muscles about the brow, eyes and mouth from too violent "hustling." It is just as important that a thin woman should wear her clothing loose as for a fat woman not to draw herself into an inadequate compass. Have your clothing not only loose, but also light in weight, with lots of spare space about the chest and shoulders.

For breakfast, if you are dependent upon your coffee, drink it with as much cream or milk and sugar as you can without its being distasteful to you; if you can do so without too much sacrifice (for I know how most women depend on their morning coffee) substitute cocoa or chocolate. Make your first meal of oatmeal or any

other palatable cereal, baked potatoes with butter and cream, bread and butter, fruit, anything containing starch or sugar. You are to avoid meats as much as possible; a bit of juicy steak or a broiled chop will not hurt you, but it will not bring you either fat or weight. Many very thin people are troubled with dyspepsia, and, of course, if your food is not properly digested it cannot make blood or muscle. Dyspepsia is a frequent cause of emaciation.

WHEN NERVES ARE IRRITABLE

For nervous dyspepsia with a tendency to hysteria, from which many emaciated women suffer, take any one of the well-indorsed liquid peptonoids according to direction. Your druggist will be able to supply you. And for the indigestion which causes red face after eating or blotches on the face, the following :—

Tincture of nux vomica, five drops in water before each meal.
Subgallate of bismuth, five drops after each meal.

If your food trouble you, so that it will not always remain in your stomach, but produces faintness and retching, eat a little at a time and eat often. Try for this form of dyspepsia the following :—

Aromatic spirits of ammonia, one teaspoonful in a wineglass of water half an hour before eating, three times daily.

The digestive organs may be weakened by not giving them enough to do, quite as effectively as by overworking them. Many very thin people are very quick and nervous

in their movements; they are always in haste. Try to cultivate laziness and eat as slowly as possible. Sugar is the most effective of all fatteners. So you may indulge your liking for sweets if it exist, and if not you must try to form a taste for food containing sugar.

After your breakfast get ready for a nice, long walk; if it be a possible thing let your companion be a bright and cheerful creature, or a merry little child, for low spirits are thieves lying in wait to ruin your digestion, to carve lines and wrinkles in your face and to upset my best endeavors to make you plump and pretty. Try to recollect that the old saw "Laugh and grow fat" was like all the other proverbs founded on a truism. It is trite but none the less a fact, that laughter will aid digestion and assimilation of food and induce the sort of fatigue we are striving for which is followed by a delicious hour or more of tissue-repairing indolence. With your clothing loose, your feet shod in comfortable, flat-heeled shoes, you start forth on your promenade which may properly be called a constitutional. Throw your shoulders back, close your mouth and take as long and deep breaths as possible. Keep your head up, your chin well forward, and if you walk where it will not attract too much attention, do so with your hands clasped behind your back. I should like you for your personal satisfaction to get weighed and have your chest measured before entering upon the fat-producing régime. It will be most interesting to you to watch your progress by the infallible tests of weight and measurements. Do not walk until you are tired and nervous and irritable; an hour to commence with is quite sufficient.

Now, if you are a woman of leisure, take a warm bath on your return, and after it anoint the entire body with the following skin food:—

CATHAY SKIN FOOD

Melt together over a warm bath.

White wax	2 drachms.
Spermaceti	2 drachms.
Lanolin	2 ounces.
Oil of sweet almonds . . .	4 ounces.
Balsam of Mecca	3 drachms.
Oil of roses (attar) . . .	10 drops.

This skin food will nourish the impoverished cuticle. Rub it in so you are not left in a greasy condition and then go to your room and lie down for a rest of an hour or more; sleep if you can, but in any case rest. If you are hungry take a glass of milk or a bottle of koumiss, which may be obtained at the apothecary's. Of course where one has a family one can not give up the morning hours to a bath and nap. Substitute the same directions for the late afternoon or delay the bath and anointing until just before retiring—but in this case try and get an undisturbed hour or two during the day for absolute rest away from noise and free from interruption. Many very lean women are inclined to melancholia. With such a tendency you should make the strongest effort to cultivate cheerfulness. You will never get round and pretty while you allow yourself to be low spirited. Choose bright, joyous companions and avoid every morbid association, not only with people, but books and plays—even music, if too sad, is unhealthful for you. Let our fat, jolly sisters steady

themselves a little by contact with the sadder side of life. Take five minutes' exercise with dumb-bells before luncheon. For luncheon you may follow your own fancy, only abstaining from tea or coffee, substituting milk, or a mineral water, if you prefer, and choosing such vegetables as peas, beans, potatoes, eggplant and green corn, in preference to cucumbers, salads, turnips, cauliflower, etc. All farinaceous foods are good for you if you find them palatable. Eat freely of oatmeal, wheat foods, rice, hominy, corn meal and fruits with cream and sugar.

THE RIGHT SORT OF EXERCISE

In the afternoon you should take some exercise—horseback riding, tennis, rowing, bicycling or more walking, and an hour of rest again if possible. Recollect you are cultivating idleness, you are to make a duty of being lazy. If you are in the habit of doing fine needlework I wish you would cease for a time. I find the art-embroidery craze accountable for many crow's-feet and for a nervous condition which is incompatible with a woman's beauty. Thin women are usually very busy and active, and to be positively idle is a real pain to them—but content yourself for the present with some coarser work; and those of you who are so happy as to live away from the wear and tear of city life can surely do a bit of gardening or other out-of-door work. It often happens that very thin women are really half starved; they have no appetite and in consequence no strength, no ambition, no courage, nothing but frayed-out nerves and a threadbare temper. If you have a dislike for food you must take a good tonic.

A GOOD TONIC

Gentian root	2 ounces.
Bitter oranges, sliced	1 ounce.
Virginia snake root	$\frac{1}{2}$ ounce.

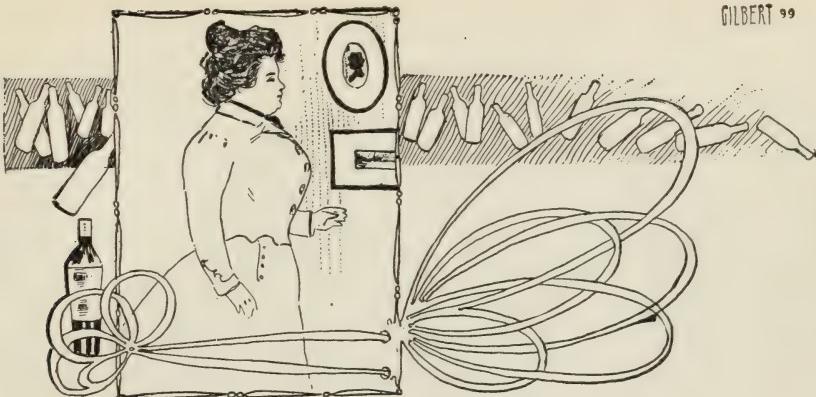
Bruise, and infuse for four days in 1 pint of brandy; then add 1 pint of water. A wineglassful to be taken occasionally. This is also excellent for flatulency.

Lessons in elocution or singing will be of great benefit to the narrow-chested woman, and where the emaciation is progressive and there is a cough, with a bright flush in the afternoon, send immediately for one of the emulsions of cod-liver oil, Scott's is the standard, and take it according to directions. I have arrested many cases of emaciation with a tendency to consumption by a good emulsion of cod-liver oil and proper voice culture. For dinner you may eat oysters or clams, soups, fish, rare meats, vegetables except those proscribed, sauces, entrées, sweets and fruits. You may drink beer, porter, stout, Burgundy or a little sweet champagne—always in moderation—but unless you have been in the habit of taking something of the kind at dinner, I do not advise stimulants, as they frequently interfere with the digestive processes and often are the cause of truly hideous skin diseases. Moreover it is far more charming to see our women total abstainers, to say nothing of the moral side of the question. Avoid all trying work or reading by artificial light. Before retiring you will of course take your warm bath and scrub—without reference to the bath here advised in the morning. Sleep all you can. Arrange your life so that you will get the most rest for

your body and mind possible. Cultivate calmness and placidity and determine to disprove the old English axiom that "A sweet temper and a bony woman never dwell under the same roof."

Now, dear reader, you may have been so distressingly thin for so many years that you have come to consider emaciation your normal condition and have settled down to go through life, a shadow. You have given up hope, if you ever had any, of holding up your head in the presence of your plump, well-rounded sisters and when you read what I have written you say, perhaps with a sigh, "That may be all very well for some, but not for me" or, if more sceptical still, you exclaim in sarcastic temper, "It may do in theory but it won't work in actual experience." Take heart then, for this treatment is for *you* and you can test it for *yourself* with every assurance of success. And do not credit me with having evolved a fine-spun theory of no value in practice. It has been tried with most remarkable results and in cases so desperate as to baffle the doctors, in proof of which I beg you to read the story of Catherine Lane which follows.
(See Appendix A, page 456.)





CHAPTER XLVIII

OBESITY

O, that this too, too solid flesh would melt.—*Romeo and Juliet.*

THE reverse of emaciation is obesity. If there be a choice between obesity and leanness it is distinctly on the side of the latter condition, and most of us would prefer to be bony to carrying an excess of flesh. It is much easier, also, I have found, to acquire flesh than to get rid of it.

There is no royal road to beauty, nor, indeed, to any other very desirable state of being, and the reduction of fat, while easily enough accomplished, all things being relative, requires perseverance and self-denial.

TREATING FAT SCIENTIFICALLY

Fat is an accumulation of unburnt body fuel—in other words, fat is carbon, and carbon is consumed by oxygen

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which we inhale through our lungs. To put this into still plainer English, physical exercise will, we all know, reduce flesh—the reason is that in unusual exercise, such as rapid walking, horseback riding, gymnastics or bicycling, the blood is more rapidly oxygenated and the result is the destruction or burning out of the fat. You may have noticed that great walkers are never fat, and that people who live in high altitudes and in mountainous countries, where they walk a great deal and consume quantities of oxygen, are always slim. There are all sorts of systems and theories respecting the reduction of flesh.

SOME FLESH-REDUCING METHODS

A quarter of a century ago an Englishman named Banting made himself famous and his name the synonym for flesh-reducing by the publication of a pamphlet, which may still be purchased, giving in detail the history of his own case, and telling the means by which he reduced his weight from 202 to 150 pounds in one year. Mr. Banting for seven years maintained his weight at 150 pounds. He lived on beef, mutton, fish, bacon, dry toast and biscuit, poultry, game, tea, coffee, claret and sherry, and abstained from pork, veal, salmon, sugar, milk, all vegetables grown underground, and all fatty and farinaceous substances. Mr. Banting, however, consumed daily about forty-three ounces of liquid. There is no question about the success of the Banting system, for those who wish to try it, but there are very few people possessed of the originator's self-denial and persistency.

Dr. Schweninger, the famous German physician, who has established his reputation as a flesh-reducer through his success in ridding Prince Bismarck of forty pounds avoirdupois in three months without the slightest deleterious effect upon his distinguished patient's physical condition, restricts the consumption of liquids at all times, and deprives the patient entirely of all fluids during or within an hour of meals; forbids starch and sugar and advises most heroic physical exercise. This is a sure cure and for the Man of Iron not difficult, but for the average American woman the Schweninger method would be martyrdom. Dr. Say recommends the drinking of large quantities of hot tea, but Professor Oertel goes to the other extreme, for he not only deprives his patients of the pleasure of allaying thirst when agreeable, but insists upon diminishing the fluids in the body by a régime which would be to most of us a most exhausting one, as it consists of a systematic sweating process. I heartily disprove of this plan as it cannot fail to be weakening and depressing, and fatal to beauty. Dr. Ebstein published a pamphlet some years ago recommending fatty food and sauces containing fat on the homeopathic principle of "like cures like." Alas! for those who tried this method, which resulted in some cases in a gain of flesh to the extent of three pounds a week. Dr. Saulsbury has been quite successful as far as the actual reduction of flesh is concerned by his system of a diet strictly limited to undone meats, principally beef, dry toasts and hot water. His patients certainly get thin, but it is a species of martyrdom which I have found unnecessary, as the same

result may be accomplished more agreeably and with a far better effect upon the complexion. The proper weight for various heights is acknowledged to be as follows:—

Five feet 1 inch	120 pounds.
Five feet 2 inches	126 pounds.
Five feet 3 inches	133 pounds.
Five feet 4 inches	136 pounds.
Five feet 5 inches	142 pounds.
Five feet 6 inches	145 pounds.
Five feet 7 inches	149 pounds.
Five feet 8 inches	155 pounds.
Five feet 9 inches	162 pounds.
Five feet 10 inches	169 pounds.
Five feet 11 inches	174 pounds.
Six feet	178 pounds.

HOW TO MEET THE ENEMY

Most women begin to get too stout at about thirty—sometimes a little earlier, but in such cases there is usually an inherited tendency. Frequently the subjects are of indolent natures, though women who are of sedentary habits and of extreme mental activity also are inclined to obesity. Many literary women, compelled to sit the greater part of their waking lives, are often great sufferers from fat. I have never failed to reduce the flesh of those who would follow my directions, and with the system I advise there is not, as in most cases, the discouraging outlook of wrinkles in place of fat.

Sleep, want of physical exercise, sugar and starch are, in my opinion, the most formidable of flesh-producers. I will promise to reduce your weight from four to twelve pounds a month, without exhaustion, without drugs, with-

out the flabbiness which is so frequently the result of flesh reducing, particularly when induced by drugs. You will find the relief from the burden of flesh so delightful, and the pleasure of life so increased, as you approach a normal condition of health (for too much fat is a disease) that you will be more than repaid for the effort I am bound to say you must make. Courage, therefore; "what is worth having is worth fighting for," and first of all please to get weighed. You must limit your hours of sleep to seven at the outside—and no siestas during the day. Seven is a lucky number and a very good hour to quit your bed for the day. If you are in the habit of taking a cold sponge bath in the morning all the better; it is stimulating, and while I do not advise it for delicate women, it is healthful for those who are robust, and in such cases is certainly invigorating.

REGULATING THE DIET

Practice a few moments with your dumb-bells before breakfast, and at that meal abstain from potatoes, all kinds of hot wheat breads, but eat any ripe fruit you may like, with a wedge or two of dry toast, and a good-sized bit of underdone steak or mutton. Sprinkle a little salt on your toast and you will find it does very well instead of butter; in fact, you will very soon find you are getting on without a thought of butter, which you must not eat. You may drink tea or coffee and in each case sweeten the liquid with a saccharine tablet (1 grain), which you may purchase at any apothecary's. The tab-

lets are put up in small bottles containing about twenty-five each. One cup of tea or coffee must suffice. Use only sufficient milk to make your beverage palatable, and if it is not a real privation to you, wholly dispense with coffee or tea; it will hasten the flesh-reducing. I do not insist upon this because it is in many cases a real hardship to be deprived of one's cup of tea or coffee at breakfast. You may also eat raw tomatoes, sliced cucumbers, radishes or cresses in season with your breakfast, but you must omit oil from the salad dressing.

SUITABLE CLOTHING

After breakfast, rain or shine, you must exercise. If possible take a good long walk—and before you go forth on this walk let me beseech you to loosen your corsets if you have been in the deplorable habit of wearing them tightly laced. Provide yourself with large, easy, broad-soled shoes coming well up about your ankles loosely laced. Never mind how they look; get shoes at least two sizes larger than any you have ever worn hitherto, with flat heels. If your heart fail you think of the immortal Trilby and of those heelless, large and easy shoes of hers and be comforted. Begin by a walk of two miles—get into the country if you possibly can, and if not a city park is the next best thing—go some place where at this relatively early hour you can walk for exercise only and without regard for the conventionalities of fashionable streets.

Keep your mouth closed while walking and learn to breathe, if you have not yet acquired the habit, from the

diaphragm—deep breathing, as it is called. It consists in drawing the breath deeply and slowly. By this process a great deal more oxygen is taken into the lungs, and it is pure oxygen we are looking to as a great factor in our treatment for obesity. Deep breathing has a most wonderful effect in hardening the muscles of the abdomen also, and in decreasing its size. You will get purer air away from the dusty and too often filthy streets, which is another argument for the country and the parks. Rising at seven, breakfasting about eight, you should be at home again by eleven and about your ordinary occupations. Luncheon should consist of fruit, toast, eggs in any form, underdone meats and almost any vegetable that does not contain starch. For example, peas, potatoes, corn and beans all are starchy, so you must give them up, but you still have a varied and delightful menu in fruits, salads, cabbage, tomatoes, cucumbers, eggplant, turnips and squash. You need not fear starvation.

IT IS ENCOURAGING TO WEIGH

Weigh yourself twenty-four hours after you begin this treatment and you will find you have already lost flesh. If you can ride horseback do so by all means, and for getting rid of flesh about the hips there is no exercise so effective as bicycling. If you have no horse and no wheel there is nothing for it but walking and gymnastics. You can accomplish the same results; the process may not be quite so diverting, but you will succeed if you will but be persistent. Bodily exercise is of the

greatest importance in the obesity cure and if you will exercise courageously you will have no wrinkles where the flesh was and wrinkles are enemies to good looks. An hour or two of brisk exercise in the afternoon—practically about the same restrictions in the choice of food for dinner. If you are in the custom of drinking wine at dinner choose either a light claret or white wine. You must not drink either champagnes or any sweet wines or liquors; you may drink a little black coffee after dinner, but you must eat no sweets at dessert. In place of massage, which is, despite all protests to the contrary, an aid to flesh forming, once each day rub your arms, your cheeks, and the soft flesh under the chin briskly but not so forcibly as to bruise, and afterwards apply the following excellent tonic lotion prescribed by Doctor James and indorsed by the celebrated hygienist, Monin, as wonderfully efficacious for preventing the formation of wrinkles:—

LOTION FOR PREVENTING WRINKLES

Rose water. 200 grammes.

(Thick) milk of almonds. . . 50 grammes.

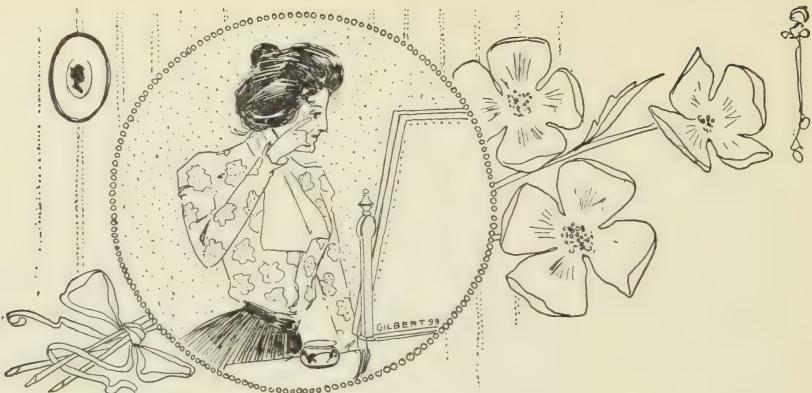
Sulphate of aluminium. . . . 4 grammes.

Dissolve thoroughly and filter; keep in stoppered bottles.

Keep a record of your weight. You can easily regulate the decrease in flesh not only by your diet, but by the exercise you take. Of course, it is understood that once in twenty-four hours you take a full bath and scrub as an essential to cleanliness and to keep the pores of the skin free and open.

If what I have here written arouses in the breast of any woman suffering from an excess of adipose tissue, a gleam of hope that her condition may be relieved, let not that gleam, however feeble, die out for lack of ambition to fan it into flame. It is the tendency of stout people to eat, sleep and let things drift along. They lose one-half the enjoyment of life by being "cabined, cribbed, confined, bound up" in a blanket of fat, and when that blanket presses too closely upon the vital organs, life is slowly smothered, until, at last, the light goes out. Therefore if the treatment outlined were theory only it is well worth trial. How much the more so, then, when you have my most sincere assurance that it is not a mere empty fad, but an accomplished scientific fact. You can try it for yourself and you will be benefited *the very first day*, and so with the second and third. You can actually see and feel your way as did Mrs. Baker, whose experience is related in Appendix B, page 477.

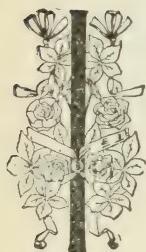




CHAPTER XLIX

COSMETICS

I will give out divers schedules of my beauty.—*Twelfth Night*.



AM always a bit amused when anathemas are hurled at the present use of cosmetics, particularly when a hopelessly-soured and pitilessly-unattractive female or a blatant, tobacco-smoking, spirituously-odorous male addresses me on the subject. I read from time to time of the untold millions we women are spending annually for our paints and powders, and of all the good we might do were we not so given over to vanity and deceit. I have been assured by men who should know, if experience go for anything, that no good woman at any time of the world ever painted her face. I have had Jezebel thrown at me with a pertinent verse of Scripture attached, and with such spite that one would think I personally am accountable for that most trying woman and had given her the

formulas for the paints and eye darkeners she adorned herself with before going out to the capture of King Jehu.

As a matter of actual fact, whatever one's opinion may be as to the morale of the question, cosmetics have been used both by good and bad women as far back as we can learn anything of the personal customs of the sex, just as wine has been drunk by priests and sots, by gentlemen and cads, and will be used and abused so long as men and wine exist.

I am not an advocate of indiscriminate painting of the face, of hair dyeing or bleaching, because all are usually unpleasant and perceptibly artificial and unbecoming in their results, but I certainly think a woman should be her own judge in the matter, and the subject is one she is entirely competent to study for herself without masculine interference or dictation. Moreover, I never knew a woman who, if she chose, could not deceive the keenest eye of man on this point. It is always another woman who first tells a man that her sister uses artificial color or stains her hair.

There are times in a woman's life, when, if she be wise, she will attempt to repair the damage of years and care. When a wife sees a haggard-looking ghost of herself reflected from her mirror, when perhaps she is painfully conscious that the eyes she loves best are turning from her faded beauty to a less worthy object, then I think she is not only justified in delicately simulating, by every aid known to cosmetic art, the charms she has lost, but she is stupid not to do so. It is the plain, unadorned, weary

and too natural woman whose husband invariably falls a victim to the wiles of a Delilah, or succumbs to the artificial charms of a Jezebel. The very man who will almost fall in a fit at the sight of toilet powder in his wife's dressing room, will break her heart and waste his substance in the worship of a peroxide or regenerator Titian-red blonde.

Let a premium be placed on sallow-faced, pale-lipped, dull, thin-haired women in the devotion and loyalty of the other sex, and the trade of the cosmetic artist will soon become a matter of ancient history.

The question is then: "Shall we use cosmetics, and when?" After she has passed her thirtieth birthday every woman must answer this for herself. It is the veriest nonsense for any one to assume that a good woman has never used paint and powder. You and I have only to go back to our ancestors to discover that not so many generations away, our grandmamas rouged, powdered and wore patches, fine, virtuous and splendid they were indeed, and some of them were even of that magnificent band of heroines who superbly walked to the scaffold—martyrs to their patriotism and high principles. Paint and powder did not make them less virtuous because they were in common usage.

Without undertaking to discuss the question of cosmetics from any moral standpoint at all, I give it as my personal opinion that it is the greatest of mistakes for a girl or woman under thirty, except in unusual cases, to resort to the practice, even to the extent of using a face-powder.

My reason for this opinion is that all cosmetics are unbecoming to youthful faces, and that artifice jars upon us when associated with the springtime of life.

After thirty—well, it all depends. Some women retain a youthful and lovely complexion even long after the fiftieth birthday ; but the excitement, the tension of modern life, the wear and tear of maternity, the never-ending grind of society, all are potent factors in robbing our American beauty of her bloom, and they give her frequently a haggard sort of pallor which quite destroys her fine appearance.

Women are like flowers and beautiful out-of-door pictures—all delicacy and grace, with an atmosphere of spring or summer or autumn emanating from them—each lovely at its appropriate time, that is, when they are as Nature intended them.

The faded little wife in her really touching effort to retain her husband's admiration or to win him from an unworthy rival, may with safety use the least little bit of finest powder for her face; she may carefully brush the delicate eyebrows after the slightest possible touch of vaseline to restore their luster. She may bathe her lips with an aromatic toilet water, which will bring the color to them, so that when she smiles her rather wan, little face will be transfigured by the contrast between the pretty lips and the entrancing row of double pearls. She should attend to every point of herself with scrupulous exactness. Every part of her dress should be irreproachable, for nothing so accentuates fading beauty as carelessness.

The cosmetics here referred to are about all that can be safely used and imperceptibly, for daylight, and, with a

veil selected for its becoming spots, the result will be an appearance of freshness most attractive. But in any case, a sweet and modest woman should be careful to an extreme degree in using artificial expedients during the daytime. The manifestly made-up woman is too atrocious a blot on the landscape to even discuss.

At night, for the home-dinner, as well as for opera and ball, the artificial light makes it possible for a woman to literally put on her war paint, and the make-up here suggested is intended for evening and to bear the glare of electric lights.

Instead of an enamel, which always gives the face a porcelain look, a delicate liquid powder is first applied to the face, neck and arms. This preparation is called the liquid whitener. It is made as follows:—

LIQUID WHITENER

Water, previously boiled and strained . . .	1 quart
Alcohol	30 drops.
Oxide of zinc	1 ounce.
Bichloride of mercury	8 grains.
Glycerine	20 drops.

Take 4 ounces of water and heat it to boiling point; dissolve the bichloride of mercury in this hot water; add the alcohol. Mix the zinc and glycerine together in a bowl; pour the larger portion of the quart of water in; stir, then add the diluted bichloride of mercury and alcohol. Bottle and shake always before using. Apply the liquid with a small, soft, velvet sponge. This liquid should be wiped off with a chamois skin before it has had time to dry, or it will appear streaky.

No woman can do this for herself. If the wash be evenly spread and dried properly, it is really impercepti-

ble. There is a danger in doing it without assistance of missing ever so small a section of the skin, and this is fatal.

A little color for the cheeks (the finest French rouge powder or liquid should be used for this purpose), the slightest touch of the eyebrow pencil to the eyelids and eyebrows, a faint addition to the color of the lips, stolen from a stick of French grenadine, as it is called, and, last of all, a very little powder (formula for which I give) all applied in the strongest glare of daylight—this sort of make-up is positively imperceptible at night, and is, beyond question, wonderfully becoming.

WHITE FACE-POWDER

Finest cornstarch 1 ounce.

Pure oxide of zinc (best quality). . . 3 ounces.

Mix thoroughly and sift through very fine bolting silk; reject all that remains in the bolting; sift the second time through another bit of bolting silk; perfume with three drops of oil of roses.

It is very difficult to make a satisfactory rouge at home. I give formulas, but I must say the ingredients are frequently adulterated or of inferior quality. Therefore I advise the imported article.

FORMULA FOR ROUGE

Finely bolted talc 4 ounces.

Carmine 2 drachms.

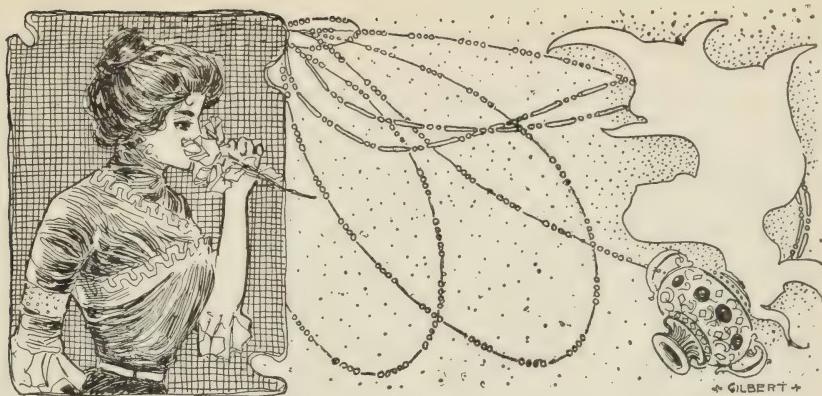
Make a solution of gum tragacanth and warm water—a very little only is required. Mix the talc and carmine first well together, and sift; add enough of the diluted gum tragacanth to form into a smooth paste; allow it to dry; apply with a hare's foot to the face.

The eyebrow pencil may be purchased from any dealer in toilet articles. It is made in three shades—black, dark brown and blond.

LIQUID ROUGE

Liquid rouge, if of a very fine quality, may be used in preference to the rouge fard. It is made by dissolving pure rouge (carthamin), which is acidulated with a solution of acetic acid.





CHAPTER L

PERFUMES

Like the bee, culling from every flower
The virtuous sweets.—*Henry IV.*

IN THIS progressive and aggressive age, it is a singular fact that the art of the perfumer has not fundamentally changed, and it is greatly to be doubted if our oils and pomades to-day excel the precious ointments of Araby the blest, hundreds of years back. We still are obliged to catch the odor of a bloom in fat, and to distill our choicest perfumes from these heavily flower-impregnated "pomades" as they are termed.

These are the oils which were well called "precious" in the days of Moses, and the science of their composition was taught by the High Priests to the Egyptian scholars. Indeed the Bible and its commentaries contain numerous rules for the making of perfumes, and an essential to every

form of purification was the burning of a prescribed quantity of precious oils and incense.

At one time the Roman Church made so great a use of perfumes in the various ceremonials, that she had large tracts of land in Syria and other Oriental provinces expressly for the cultivation of flowers for oils.

We are forever being told of our extravagance in these days of the *degringolade*, but there is always a precedent in history. What should we think to-day of a king who would expend the year's growth in blossoms for the funeral of his wife? Nero did this at the death of his wife Poppaea.

As I have said, the only way to permanently hold a flower odor is to imprison it in fat. Once caught in oil or suet, you may keep it captive until you choose to release it through distillation and expansion. Extracts will evaporate, and are not reliable.

If you will study any of the list of odors advertised by the great perfuming houses of France, you will indeed find an *embarras de richesse* in the fifty or sixty extracts or essences offered you. Every flower is represented, and dozens of proper and invented names are added to swell the number of delicate perfumes from which the purchaser may select.

It is a well-known fact, however, that there are only six or eight flowers which yield oils, and that the perfumer must make combinations from these to imitate the odors of all other flowers. This may be properly called the artistic side of perfumery. The French perfumer excels in this delicate part of the science, studying similar-

ties and affinities and shades as the artist does the colors of his skies, or the blending of his materials in the blush of the rose.

If you are going to endeavor to distill your own perfumes, I should recommend that you purchase your pomade or essential oil from a first-class importing house. The essential oils or pomades are very costly, but you will bear in mind that an ounce of pomade of first quality will make at least sixteen ounces of very strong extract. The method is simple enough. Suppose you purchase, for example, one ounce of oil of roses. Take one pint of pure alcohol—above proof—mix the oil of roses with it in a clean bottle. Place the bottle in a vessel of hot water until the contents acquire a temperature of about 85° Fahrenheit. Then cork the bottle quite close; shake it briskly until the liquid is cold. You will have a most delicious and very strong odor as a result, which will improve with age just as good wine does. A few drops of this perfume will be all you can, with good taste, use at a time.

If you wish, however, to make a pomade from the natural flower you certainly can succeed, but it requires a good deal of skill, infinite patience and some utensils, and, inasmuch as pomades are the despair of many would-be perfumers, I do not advise their manufacture by the amateur, although I give a formula.

You will have to purchase from a dealer in perfumers' supplies a series of shallow, iron frames, adapted for piling on each other, and fitting close together. A piece of white, spongy, cotton cloth is stretched upon each, and is

then freely moistened with oil of almonds, olives or benzoin. On the cloth is then laid a thin layer of the freshly-plucked flowers, and each frame, as thus covered, is placed on a preceding one, until a compact pile of them is raised. In twenty-four to thirty hours the flowers are replaced by fresh ones; and this is repeated every day, or every other day, until seven or eight different lots of flowers have been consumed, or the oil has become sufficiently charged with their odor. The cotton cloths are then carefully collected and submitted to powerful pressure, and the "expressed oil" which flows from them is placed aside in corked bottles or jars, to settle. After some time it becomes perfectly clear, and is then ready to be decanted into other bottles, and kept for distilling.

The best flowers for the above purpose in America are violet, honeysuckle, tuberose, jonquil, jasmine, narcissus, orange flowers and myrtle blossoms.

An exquisite essence of rose may be made as follows:—

EXTRACT ESSENCE OF ROSE

Take of petals of roses (fresh) 3 pounds (avoirdupois); and rectified spirits (90 per cent.) 5 imperial quarts; digest the petals (picked to pieces) in the spirits for 24 hours, then distill to dryness by the heat of a water bath. Digest the distillate (product of distillation) on a fresh quantity of rose petals, and redistill as before; and repeat the whole process of maceration and distillation a third, fourth, fifth and sixth time, or oftener, the last time observing to conduct the distillation rapidly, and to draw over only 1 gallon, which is the essence, delicately and delightfully fragrant. It improves by age. The product of the above recipe is very superior.

The most successful odors are, in the language of the perfumer, "bouquets," that is to say, made up of a combina-

tion. Frangipani, for example, is made up of half-a-dozen odors, and the handkerchief extract known as "Peau d'Espagne" is composed of frangipani and patchouly, half-and-half. The greatest care should be taken in making bouquets or you will waste a lot of expensive materials and get only a most offensive result.

Some odors, as my instructor once said to me, are like musical sounds—they harmonize and produce a beautiful compound; others are antagonistic, and you can get nothing but discord from their combination.

In making a bouquet of flower odors, it is sometimes apparently impossible to get any defined result until what is called a "binder" is used, then the whole is caught and the result will be in the hands of a skillful artist, delicious indeed. My old instructor in Paris long ago explained all this to us in a most delightful way. "The flower odors," he would say, "are of an exquisitely delicate texture, like the finest paper of the leaves of a dainty love story; each leaf represents a breath of perfume; they will all fly away or get confused and hopelessly entangled without a binding. So we bind the flower odors with a stronger substance—musk, which is taken from the deer—or ambergris, which comes from the whale—just as the bookbinder holds the leaves of the tender story, which would be lost if left unfettered, with a leather or paper strong enough to fasten all together."

It is a curious fact that the inorganic world has never yet, properly speaking, yielded a single perfume. The few perfumes such as musk, ambergris and civet, which are obtained from the animal kingdom, are not of themselves

agreeable. They are extremely necessary in holding and sustaining flower odors, but alone they are not at all to be compared to the perfume of any one of many flowers.

Lavender water is a delicate and essentially cleanly odor, delicious for the bath, and preferred by many to bay rum or Florida water. I give formulas for all three to choose from.

LAVENDER TOILET WATER

Take 2 ounces (avoirdupois) finest oil of lavender (Mitcham); essence of musk (finest), 1 imperial fluid ounce; essence of ambergris (finest) and oil of bergamot (recent), of each $\frac{1}{2}$ ounce; rectified spirits (90 per cent. scentless), $\frac{1}{2}$ gallon; mix by agitation.

FLORIDA WATER

Take 2 drachms each of the oils of lavender, bergamot and lemon; 1 drachm each of tincture of turmeric and oil of neroli; 30 drops oil of balm and 10 drops oil of roses. Mix the above with two pints of deodorized alcohol.

WEST INDIA BAY RUM

Take 2 pounds of leaves of the myrtus acris, $\frac{1}{2}$ pound cardamons, 2 ounces cassia, $1\frac{1}{2}$ ounces cloves and 9 quarts rum. Distill $1\frac{1}{2}$ gallons. Bay rum may be colored with tincture of saffron or with a mixture of equal parts caramel and tincture turmeric.

The perfume of the violet is so delicate that I have known women who used it in some form every step of the toilet—bath, cosmetics, sachets, all redolent of the lovely blue flower, and yet were never overpoweringly fragrant, which is really to be, in my opinion, most offensively vulgar. I should always select violet or the most delicate heliotrope for a personal perfume. It is in far better taste for a woman to use but one odor at a time—that is to

say, to use violet, if that be her choice, for her handkerchief extract, toilet water, sachets, etc., and not to mix this perfume with Peau d'Espagne or White Rose.

Speaking of Peau d'Espagne reminds me of the vogue accorded leather odors a few years since. I remember one woman who had Russian leather sewed in the crown of her bonnets and an inner sole made of the precious stuff for her dancing shoes.

Peau d'Espagne is much more agreeable and enduring than simple Russian leather. It is made of the same pelt, but is cured in sugar and musk. The real Peau d'Espagne is to be procured only from one firm in Europe, and is very expensive—one dozen little squares costing ten dollars. It has the advantage of retaining its delicate fragrance for a long, long time. Sachet powders for perfuming sachets are readily made at home. The most fastidious woman frequently confines herself to the perfumes from dry powders of this nature, and considers a liquid extract too pronounced and consequently vulgar.

Flannel heavily impregnated with perfume may now be obtained in Europe. This flannel is cut in small bits and distributed among one's belongings, giving all a delicious and delicate odor.

The sachets are now made of all sizes and suitable for every article of dress as well as for closets, wardrobes and bureau drawers. A closet sachet is really an entire lining for the closet of wadded silk into which a quantity of the sweet-scented powder has been introduced. A corset sachet is the other extreme in size, and is but a tiny scrap of silk and cotton wool, fragrant with violet or heliotrope, and measuring but an inch in width and perhaps

two in length. It is sewed inside the corset. Sachets for dress skirts and bodices are made of a proper length and form for the garment they are to impregnate with perfume. As soon as the skirt and bodice of the fashionable woman have been brushed and repaired after wearing, the sachets are fastened inside the bodice and skirt and left to perform their fragrant mission until my lady elects to wear them again.

Many women are quite expert in making sachet powders from the flowers; others fail disastrously and succeed only in obtaining a half-decayed odor which is far from agreeable. The secret is in the combination and in using a "binder" which develops and holds the flower odors in a bouquet. You cannot fail to make a delicious sachet powder if you take a little pains, and carefully follow the directions here given. It is as well, unless you are very skillful, not to try experiments.

Rose leaves and petals of other flowers should be thoroughly dried for sachet powders. Take care not to let them gather mold in the process.

You will require a basis for your sachet powder. I prefer orris myself, but the reindeer moss, carefully picked over, dried and pulverized, is a favorite with many. Here is a delicious sachet powder:—

ROSE SACHET POWDER

Powdered florentine orris	8 ounces.
Rose leaves (air dried)	10 ounces.
Musk in powder	20 grains.
Lavender flowers	2 ounces.
Civet	10 grains.

Mix well and keep closely corked until you wish to use for the sachets.

VIOLET SACHET POWDER

Powdered orris	1 pound.
Powdered bergamot peel . .	$\frac{1}{4}$ ounce.
Powdered acacia	$\frac{1}{4}$ ounce.
Musk	20 grains.

Orris alone is much used as a sachet powder—it is always far better to add a little musk to it, as the musk holds the perfume.

The odor from the orris root is greatly affected by many fastidious French women, and it is quite a common practice to throw an orris root necklace into the final water used in washing the linen of the *Parisienne elegante*.

It is said that one French woman, upon being reproached by her confessor for her extravagance in this direction, replied that if she were going to perdition she intended to go smelling of orris, and she said she thought even his Satanic Majesty would find it pleasanter than sulphur.

Heliotrope sachet powder is delicate and lasting. I really feel bound to say here that there is no sachet powder and no perfume once placed in contact with the air which can, as many women insist various powders and odors do, "last forever." Just as soon as, to use a vulgarism, we can eat and keep our pudding, we shall be able to set free a delicious odor and at the same time hold it captive. Heat expands the odor and it passes away, dying in delicious fragrance. Logically, you can no more keep the perfume than you can both keep a chocolate drop and eat it too. Lock them both in a box, and you are their master. You would never think of railing against the chocolate drop that disappears when

eaten, but who has not heard the complaint against the perfumes that were perfectly delicious, you know, but did not *last*.

Many women enjoy the perfume of incense, or sweet-scented pastilles. The incense of the church is composed as follows:—

INCENSE

Olibanum (true)	7 ounces.
Gum benzoin	2 ounces.

Mix and add

Cascarilla 1 ounce.

Burn in a censer or on a hot plate.

FORMULA FOR SWEET-SCENTED PASTILLES FOR BURNING

Dissolve $\frac{3}{4}$ ounce niter in $\frac{1}{2}$ pint water; mix this with $\frac{1}{2}$ pound willow charcoal and dry it thoroughly in a warm place. When the nitrated charcoal is perfectly dry, pour upon it a mixture of $\frac{1}{2}$ drachm each of the attars of thyme, caraway, rose, lavender, cloves and santal; then stir in 6 ounces benzoic acid (flowers of benzoin); mix thoroughly through a sieve, then beat in a mortar, with sufficient mucilage to bind together. Make into pastilles and dry.

The competition in colognes has been keen for years and years. At the time of the last Paris exposition a certain well-known trade magazine offered as a prize for the best formula—competition open to chemists and perfumers of all countries—a trip to Paris, with hotel accommodations in that city for eight days and return, all first class, to the person who should send the best sample bottle of cologne with formula. There were 219 competitors. The samples were carefully tested by a jury

of eminent perfumers, and the following formula received the coveted award:—

COLOGNE WATER

Essence of bergamot	8 grammes.
Essence of citron	4 grammes.
Essence of neroli	20 drops.
Essence of origan	6 drops.
Essence of romarin	20 drops.
Orange flower water	30 grammes.
Triple distilled alcohol	578 cubes.

The following are the formulas of the most popular and the highest-priced smelling-salts to be purchased.

LAVENDER SMELLING-SALTS

Carbonate of ammonia (cut in squares)	8 ounces.
Oil of lavender (Mitcham)	$\frac{1}{2}$ ounce.
Oil of bergamot	$\frac{1}{2}$ ounce.
Oil of cloves	1 fluid ounce.
Oil of cassia	$\frac{1}{2}$ fluid ounce.

Mix and rub the oils well together. Put the squares of ammonia into your smelling bottle. Pour enough of the mixture over the salts to scantily cover them.

ROSE SMELLING-SALTS

Oil of bergamot	2 fluid ounces.
Oil of verbena	$\frac{1}{2}$ ounce.
Attar of roses	2 drachms.

Mix and pour over squares of carbonate of ammonia as above.

An extract of pink which was a very fashionable odor a few years ago, was manufactured in the laboratory where I was a student. There was not a particle of real pink in

it. The perfume was a most excellent imitation of the flower odor and was made as follows:—

EXTRACT OF PINK

Extract of rose	6 ounces.
Extract of orange flower . . .	3 ounces.
Extract of acacia flower . . .	3 ounces.
Extract of vanilla	56 grammes.
Essence of cloves	10 drops.

HELIOTROPE SACHET POWDER

Iris powder	2 pounds.
Powdered rose leaves	1 pound.
Tonka beans (in powder) . . .	6 ounces.
Vanilla husks	3 ounces.
Musk in grains	2 drachms.
Essence of almonds	5 drops.

Mix it and pass through a large sieve.

There is very little true violet extract upon the market, as the oil is so difficult to obtain, and tons of violet waters and extracts are annually manufactured which have not a drop of real violet extract in them, but are made of orris root. Fictitious extract of violet is easily made at home.

FORMULA FOR FICTIONAL VIOLET WATER

Take of florentine orris root (coarsely powdered), one and one-half pounds; rectified spirits, one imperial quart; let it stand for a fortnight. If possible, the orris root should be put under powerful pressure to obtain the full amount of perfume which it contains. It must be filtered several times. Filtering paper is easily obtained at a druggists.

There is no such thing as heliotrope odor made from the flower. All so-called heliotrope extracts and waters are produced from the vanilla bean as a basis.

Potpourri of rose leaves may be prepared according to the following directions: Gather the rose petals early in the day, as soon as the dew is dried from them. When half a peck is collected, pack down in a jar or bowl, with alternate layers of fine table salt. Cover the vessel with a top or plate that fits closely. Every twenty-four hours remove the cover from the jar and stir the contents up well from the bottom. This should be done each day for a week, at the end of which time three ounces of allspice may be added. Mix and stir the mass each morning for three days more, adding every day a quarter of an ounce each of allspice and ground cinnamon. Turn the potpourri into the ornamental jar in which it is to be kept, and stir into it the following ingredients, all coarsely powdered: One ounce each of cloves, cinnamon, nutmeg, mace, allspice, orange peel, lemon peel, anise seed and root. To the mixture may now be added six grains of oil of rose geranium, of lavender, rosemary and any other essential oil that is liked. The potpourri must be allowed to stand for a month to ripen after it is made. Except when the jar is opened to allow the odor to perfume the house, it must always be kept tightly closed.

THE ABUSE OF PERFUMES

Some of us, in these days of artificial musk and suffocating rose, who have stifled in theater and have been

overcome in cable cars and restaurants by the heaviness, have fervently wished the promiscuous use of these powerful, enervating and sometimes nauseating odors, might be restricted to the boudoirs and drawing rooms whose queens elect to vulgarize all their surroundings by this and kindred extravagance.

Fastidious women (with here and there an exception) are as delicately refined in their selection of sweet odors as in every other personal appointment. A high-bred woman does not associate herself with musk or patchouly. She may select the most delicate of violet extracts, and so assimilate her personality with the flower as always to recall it, or her linen may be fragrant with the faintest odor of florentine orris. The shadow of the clear pungent lavender may precede her, but the most sensitive and refined women shrink intuitively from the odors that attract the parvenu.

Few people outside the scientific world know the hygienic value as well as the danger lurking in flower scents. The effect of musk, rose saffron and almond flowers is almost hypnotic to some sensitive organizations. To others the heavy odors are like strains of sensuous music and in their results the reverse of elevating. Hysteria is inevitably aggravated and frequently caused by the odor of musk, and the use of this perfume should be forbidden delicate girls and woman.

On the other hand, the effect of the odors yielded by the balsams of Peru and Mecca, benzoin tolu, cascarilla and cinnamon are tonic and invigorating. The perfumes possessing real antiseptic qualities are numerous, and it is

an acknowledged fact that until the Egyptians abandoned the practice of purifying the houses of the sick and embalming the dead by the use of aromatic and resinous gums, such as storax, myrrh, cedar, origanum, etc., the terrible pestilence never laid the Nile country waste.

It is said that the following aromatic essences will kill bacteria germs in typhoid: Clove, verveine, thyme, sandal, cedar, ceylon, cinnamon, camomile, anise; and lavender water, according to Monin, the great French hygienist, will, if used freely by the attendants, greatly lessen the danger of contracting contagious maladies.

A.—24





APPENDIX A

HOW CATHERINE LANE, A HUMAN WRECK, WAS RESTORED TO HEALTH AND BEAUTY WITHOUT DRUGS OR STIMULANTS OF ANY KIND.



HAVE many times declared that the preservation of a woman's beauty to an indefinite period of life was merely a question of hygiene—a knowledge of the laws that govern health and beauty, and a persistent practice of these rules.

I have said that, except in cases where there was an organic disease of a wasting nature, there need be no such thing as old age, and that a woman should be at the height of her beauty even at fifty. Some time ago, while delivering a lecture, I practically repeated my convictions on this subject, and I also said at this time that I had no patience with a premature loss of beauty in a woman unless she were an afflicted creature, forced to bear the destruction of her loveliness through an internal and incurable disorder. I said, moreover, that I was prepared to demonstrate my theory that a woman whose beauty had vanished, if she were willing to do so, could be made over again, could get back her physical loveliness, and that she could be made strong and charming, buoyant and blythe by hygienic and common-sense methods.

I did not then suspect that in a neighboring city there was a young creature, a few years back a charming example of girlish beauty, who, the day she read in the *Sunday World* of my lecture,

was an absolute physical wreck—a girl of twenty-four, broken down from overwork and care, a mere shadow of her former self, with every vestige of vernal charm lost in the traces of pain that marked each emaciated feature.

So, however, it was that Miss Catherine Lane of Philadelphia, smiled sadly as she read my words, and, turning to her mother, said : "I have tried everything else. I wish I could see Mrs. Ayer, and see if she thinks I could get well and find out what she could do or advise me to do." But Philadelphia is a long way from New York to a sick girl, and the settled despair that comes from continued suffering soon submerged the momentary gleam of hope that had flashed through the young mind.

Not so with her mother. By the next post I received a long letter from Mrs. Cornelia Lane, telling me of the sad wreck of her daughter's career, and asking me if I thought, under the circumstances, anything could really be done for her.

The sufferer's story was not a common one. It was the history of a singularly bright and pretty girl, gifted with dramatic talent which found expression when the time came for a daughter to aid a mother in earning a living for an entire family whose head had suddenly been stricken with paralysis. She secured a theatrical engagement, making a quiet and continuous success. She played two years at one metropolitan theater, a year in England, supporting a prominent tragedian, then took first place in stock companies on the road, appearing in eleven performances a week, with a change of program every seventh day. This kind of life she led for several years. Then came a gradual breaking-down in health, a failure to appear now and then because of sheer physical inability, loss of position, mental anxiety added to physical weakness, until at twenty-four the child who had been the family prop from her seventeenth year was a woman prematurely old, an absolute wreck, emaciated to a painful degree, every trace of beauty gone, and slowly dying, to all appearances.

I was very much impressed with this letter from a broken-hearted mother, and submitted it to the *Sunday World*. To my intense and happy surprise, I found the letter evoked the same pity in the *Sunday World*. I was told to see the girl, and to give my candid opinion as to the possibility of restoring her health. I was told that if,

after examining the young woman, I felt there was one chance of her being cured and brought back to her old self, the *Sunday World* would furnish the ways and means for such a beneficent end.

So, trembling between fear and hope, I went to Philadelphia to Miss Lane's home. I found the saddest young creature in Catherine Lane I ever gazed upon. Tall, slight as a wraith, emaciated to such an extent that it was heartbreaking even to watch her; a blond young creature, with a great aureole of natural fluffy hair falling about a face which seemed all eyes and cheek bones. My heart sank at the sight of that face. It revived a very little as I caught a certain power of will in the gentle voice that bade me welcome. I talked with the girl and her mother, discovered that according to her physicians, and she had been treated by many eminent specialists, she was suffering from no organic disease, but that she had been for four years an absolute martyr to chronic nervous dyspepsia in a form so obstinate that it had defied medicines and numberless methods of treatment.

Then I gave up. Nervous dyspepsia, the most cruel of maladies and the most difficult to conquer! But I looked at Catherine Lane, and she raised her great, appealing eyes to mine, and I could not resist them; they were like the eyes of a young, frightened lamb. So I said: "Miss Lane, I am authorized by the *Sunday World* to try and restore you. The fact that you have nervous dyspepsia greatly intimidates me, but if you are willing to confide yourself to my care, if your mother feels that she can trust you to me, on behalf of the *Sunday World* I invite you to come home with me as the *Sunday World's* protégé, and try what scientific, rational treatment can do for you, and I, on my part, will give you such care as I would my own daughter."

"I will devote every energy I possess to your recovery. I promise absolutely nothing. I will do everything, give you the advantage, through *The World's* liberality, of every agent now employed in cases similar to your own. I cannot advise you."

For three hours mother and daughter consulted together, and at last Catherine Lane came to me, and putting forth her almost skeleton-like hand, she said: "Where would you put me, where shall I have to live?" And I answered:—

"You may come to me in my own home if you will."

Then the young girl said, looking at me with her sick eyes, "Then I accept the *Sunday World's* offer with gratitude."

So, with a small handbag as her only luggage, for we had no time to wait to pack a trunk, I brought my little human wreck to New York.

When we reached the city and my home, my young charge could scarcely get up the stairs. After a warm bath and a bird-like supper, I put my new acquaintance into a little white bed, drew the curtains, shut the great mournful eyes out from my vision, and sat down to collect my thoughts and to finally conclude in the quietness of my own study that I had unquestionably just performed the rashest act of my career.

The girl was a mere skeleton; she was sick and had been an intense sufferer for four years. She was one of those poor little wrecks doomed to an early grave, and I was a weak and perhaps wicked woman to suggest to her a hope of restoration.

I could not sleep. It was just as well, for about two hours after retiring Miss Lane was taken with an attack of nervous dyspepsia which lasted three hours, and was so agonizing even to look upon, that when it subsided I said to her: "Did you ever have such an attack before?" And she, to my utter horror, replied: "Why, yes, I have a turn like that every night just at this time, and have had for over three years."

Once more I gave up, and the next morning I firmly intended taking her back to Philadelphia, but when she looked at me and said she would try hard to get well, she did so want to be her old self again, once more I resolved to try. I measured her and found that her height was 5 feet $7\frac{1}{2}$ inches, that she weighed 103 pounds, she should have weighed 150 at least. Her chest measure was $29\frac{1}{2}$ inches, expansion one-half inch. I now sent for a well-known physician, and had my little patient thoroughly examined.

The doctor agreed with other physicians in his diagnosis, and said there was no organic disorder, but the girl was anæmic and weak. He thought it a question, indeed, if she would recuperate, but he uttered one sentence which brought joy to my heart. He said: "That girl ought to have been a magnificent woman."

Inwardly I resolved she should have every chance to be a well one. After the doctor left, I put my patient to bed. I gave her a little food every two hours and a half—very easily digested food—cereals cooked for hours and hours, koumiss, a very little ripe fruit, hot water only to drink, and absolute quiet.

The second night, like the first, we wrestled with the nervous dyspepsia, and when the attack was over I felt quite hopeless. The third day I sent for the most skillful woman electrician and *masseuse* in the country, according to my own opinion, and Miss Lane was given an electric bath. After the bath, massage, during which she fell asleep and rested delightfully for three hours. I awakened her in fact, fearing she would become exhausted, and, after taking a bowl of gruel she fell asleep and slumbered gently for five hours.

Then came the dreadful attack, not quite so violent, but terrible indeed; again the exhaustion, and we started on the fourth day.

My little wreck was well enough to have her photograph taken, and the very fact that the attack had not been so bad as the night before had given her courage, so easily is hope born in the breast of the young.

We now have a regular regimen which consists principally of food and sleep. I discover that my patient, if she take a little nourishment of a certain kind, noticeably warm porridge, will shortly *after*, if left quite alone, go to sleep for half or three-quarters of an hour. I encourage these naps, and a day is passed like this:—

A DAY'S TREATMENT

7:00 A. M.—A bowl of oatmeal porridge, the meal having been cooked for eight hours continuously. It is made thin enough to swallow easily by sweet, rich cream. The patient is left to rest and sleeps until 9 A. M. She is roused, eats the inside of a thoroughly baked apple, a bit of graham bread and sweet butter and a cup of weak English breakfast tea.

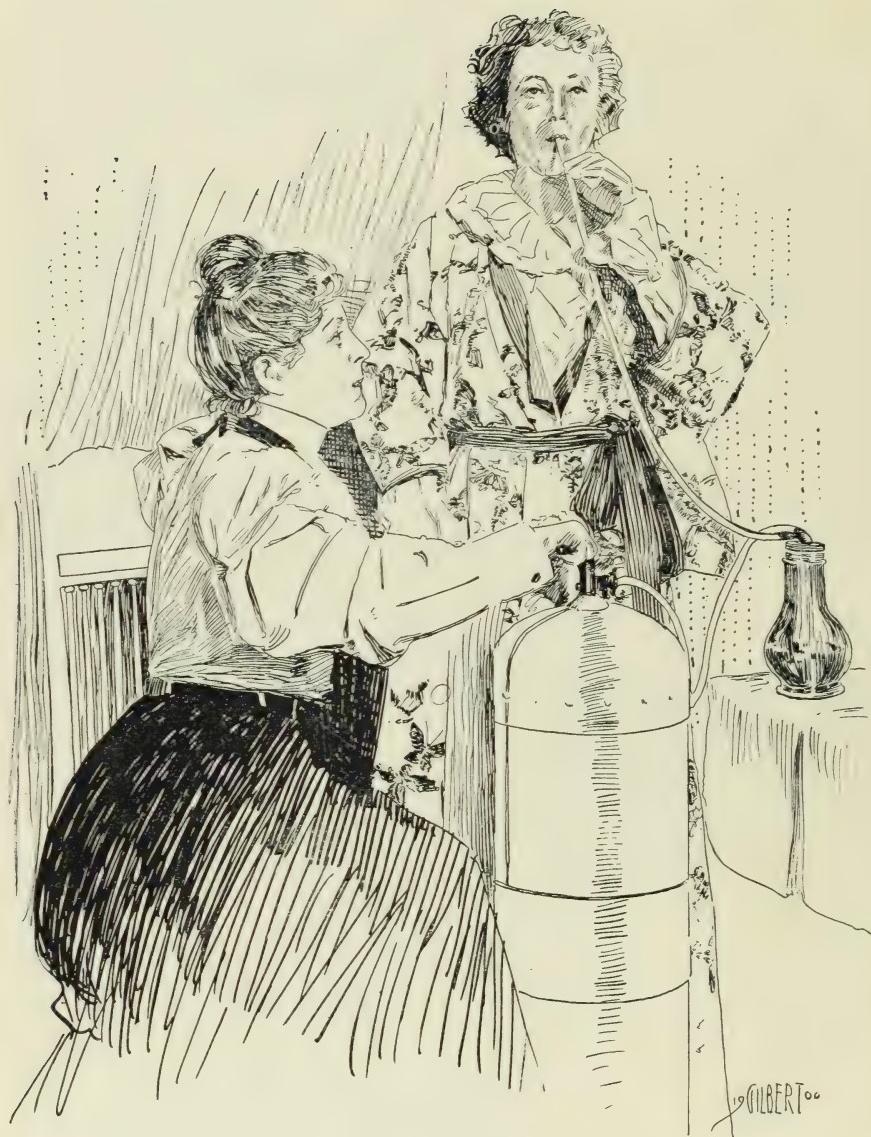
After this she takes a small teaspoonful of emulsion of cod-liver oil. She finds difficulty in keeping it down, but conquers; receives a warm sponge bath, is dressed in light, loose, warm clothing, and rests upon a couch near the fire for an hour or two.

She says: "Do you know when I took that porridge this morning it felt just like a poultice in my stomach, so warm and comfortable, like a hot-water bottle feels, you know, on the inside when you are sore and in pain."

The day passed quietly, restfully. My little wreck took an airing, muffled up to her ears, upon the roof. I sent for a cylinder of com-



CATHERINE LANE BEFORE TREATMENT



CATHERINE LANE INHALING OXYGEN

pressed oxygen for the patient. It came at seven o'clock the evening of the fourth day. She took five inhalations before retiring. She also had another electric bath at four in the afternoon, and on the fourth night of her stay in my home Miss Catherine Lane for the first time in three years, skipped her attack of nervous dyspepsia. To be sure, she had all the premonitory symptoms, and we were both awake, I armed with hot water for both external and internal use, she ready for her customary agony. But behold, it did not come, and the child lay in utter amazement that it could really be possible she was to go through one night without an attack.

The fifth day of Catherine Lane's stay with me began brightly enough. My patient was given a bowl of rice gruel at 7 a. m. She remained in bed until 9:30; was then given a warm sponge bath, massage, and ate her breakfast clad in a loose dressing gown thrown over her night robe, so that she might be spared the fatigue of dressing.

Breakfast consisted of the inside of a baked apple, a small portion of oatmeal, which had been cooking slowly all night long, and was boiled to a jelly; with the oatmeal a little cream and sugar, a small cup of weak English breakfast tea and one slice of graham bread, with fresh unsalted butter. After breakfast a spoonful of emulsion of cod-liver oil, and five inhalations of compressed oxygen. My patient rested an hour and then dressed, drank a glass of koumiss, and, according to previous arrangement, we drove to see four of the six members of the jury or committee who had consented to express an opinion founded on personal observation of Miss Lane's condition at the beginning, during the progress, and at the termination of the experiment we were making under the *Sunday World's* auspices, in an honest endeavor to create a whole, beautiful girl out of a pitiful human wreck.

Miss Lane was seen on the morning in question by Dr. Sarah French Battey, to whom I am much indebted for valuable hygienic suggestions; also by Miss Virginia Harned, whose glowing beauty made my poor little protégé appear more drawn and harassed by contrast, and by that most lovable woman, Miss May Irwin, who radiates health both mentally and physically, and also by Miss E. Marguerite Lindley, the eminent physical culturist. I am much in Miss Lindley's debt also for her interest and for a number of hints concerning Miss Lane's treatment, of which I have gladly availed myself.

These visits consumed the entire morning, and I took my charge to the Holland House, where she drank a glass of koumiss, ate a delicious piece of underdone steak and a little roasted potato.

We now drove home, and I saw that Miss Lane was very weary; that in fact she could scarcely walk. I gave my charge a wineglass of koumiss, and put her to bed at once, and she fell asleep, slumbering peacefully until four o'clock, at which time the *masseuse* and electrician arrived. I roused my patient, gave her a cup of clam bouillon, and turned her over to the *masseuse*. The electric bath and massage consumed about two hours more, and the operator, as she came softly from my patient's room, said: "I have left her sound asleep."

At seven o'clock I awakened my charge, and suggested that she take dinner in bed and not rise again throughout the evening and night. She acceded, and ate the heart of a well-baked potato, a tiny bit of the breast of a broiled chicken, and a very little well-cooked farina, with cream and sugar. After this meal which she much relished, came the emulsion and five inhalations of oxygen. I covered my patient well, tucking an eider down all about her, and leaving just her eyes exposed, I opened the window wide and let the delicious crisp air fairly swirl about her.

I apprehended an attack of the nervous dyspepsia during the night. Miss Lane had been overstrung and half hysterical at intervals during the latter part of the day. She is a sweet modest girl, and was distressed at the inspection, as she called it, of her poor bones by the committee.

At eleven o'clock an attack of nervous dyspepsia came on. It was brief, and not very severe. We did it battle, with hot water taken internally, and hot-water bags externally. When the paroxysm passed off, as it did in about twenty minutes, Miss Lane, looking as white as a spirit, smiled into my face and said: "That was a pretty good bluff, wasn't it?" Five minutes later she was sound asleep. I awakened her about four in the morning, and she drank a cup of oatmeal porridge, made quite thin, strained, and with about two tablespoonfuls of sweet cream added to it. She fell almost instantly asleep, and rested peacefully until 7:30.

I heard her stirring, and asked her if she would like something to eat. She replied she thought she would like a cup of weak tea. So I prepared it for her, and added one slice of graham bread, with a

little unsalted butter. She said it tasted "so good" and slept again. The most wonderful and encouraging thing about this girl was her capacity for sleep. She said herself that she did nothing but eat and sleep, and it was literally true.

She took not one atom of medicine except the emulsion of cod-liver oil, yet she certainly slept sixteen hours out of the twenty-four, at this period, and it was the repose of a child, gentle, calm, and with a complete relaxation of the whole body. While she thus rested, every line of pain disappeared from her face. There was a little flush on her cheeks, and her lips were rosy. When she was awake she was wide awake, and as bright as a bird; but after half an hour or so she would stretch and yawn and say apologetically: "I really feel ashamed of myself, but I am just as sleepy as I can be."

Miss Lane had been with me now one week and a day. She had gained one pound and three-quarters in weight. The dyspepsia was unquestionably on the mend. She had not had an attack at all since the one she called "the bluff," the day after she was examined by the jury; and that night she slept from eleven o'clock until 7 A.M. At that hour I myself aroused her, as I felt she must have something to eat. In fact, I fed her as frequently as I thought she could bear it, giving her but little nourishment at a time, but giving it frequently. Unfortunately, she could not take a milk diet. Her poor, worn-out stomach rebelled against milk in any form. So I substituted koumiss, which she digested readily, and liked very much.

Cream diluted with hot water she bore fairly well, and I added it, when I could, to her cereals. She took no drugs or stimulants of any description — no malt extracts, wines, cordials, nothing of this nature. Her diet was made up of cereals cooked from five to eight hours; underdone porterhouse steaks, chops, mutton and beef, spring chickens, partridges, roasted potatoes and apples, both of which agreed with her wonderfully well. There were several other signs of improvement other than the breaking off of the paroxysm of dyspepsia, which had been a nightly occurrence for three years.

My little housemaid said to me: "Miss Lane doesn't keep her hands on her side any more, does she?" It is true that she rarely held her left hand in any other position — she was always in pain, and involuntarily the wasted little hand was pressed against the sore spot. Of course she was still dreadfully emaciated. Just think of a girl 5 feet

$7\frac{1}{2}$ inches high, measuring 29 inches around her hips, $10\frac{1}{2}$ around the calf of her leg; the largest part of her arm above the elbow measured $7\frac{1}{2}$ inches scant; the largest part between the elbow and wrist $7\frac{1}{4}$ inches; wrist, scant $5\frac{1}{2}$.

The most astonishing improvement was in her breathing. When Miss Lane first took, or tried to take, a deep breath, it was a most pitiful little gasp. She made several efforts to breathe from the diaphragm, but simply could not accomplish it. I therefore sent for the compressed oxygen; the improvement in her breathing was positively amazing. She now took long, deep inhalations, her chest expanding in a remarkable manner. She had not been able, she said, to draw a long breath for years, because it hurt her side so cruelly. Now she breathed from the diaphragm a long, clear, rhythmic inhalation and expulsion, and again, to use her own language, which to me expresses so much more clearly her feelings than any words of my own could, "something was loosened there," for she feels the oxygen clear down to her stomach, and does not know that she ever had a sore side.

Miss Lane was not on any particular diet. I was just feeling my way along. She took all the cereals either in porridge, gruel, or jellied form. She could not take anything cold in her stomach without distress, so I gave her everything warm. Later, she craved meat. That seemed to me an indication for it, and I cooked it myself, either beef or mutton, broiling it with the utmost care, and giving her a small bit at a time, never so well done that the blood did not follow the knife; beef tea made from the blood pressed out of juicy steak, clam bouillon, chicken and mutton broth.

I offered her occasionally (she alternated her gruels and porridges) roasted apples and potatoes, celery, and the juice of a very fine sweet orange. She digested all these things without discomfiture.

Miss Lane passed her second week of hygienic life peacefully and painlessly. She gained in flesh during that period two pounds, making $3\frac{3}{4}$ pounds gained in the first two weeks she was under my care.

The following is a full and accurate statement by days of Miss Lane's treatment at this time:—

Saturday, March 6th, 7:00 a. m.—Awakened my patient, and gave her five ounces Indian meal porridge, previously boiled five hours, diluted with sweet cream and salted. Slept until nine o'clock.

9:00 A. M.—Warm sponge bath with friction afterward.

9:30—Breakfast, heart of roasted apple, inside of baked Bermuda potato, small cup (about two and one-half ounces) of weak English breakfast tea, one slice graham bread, unsalted butter, tablespoonful oatmeal (boiled five hours) with cream and sugar.

10:15—Tablespoonful of emulsion of cod-liver oil.

10:30—Deep-breathing exercises for five minutes; rest until eleven o'clock.

11:00—Four ounces of koumiss; rest until twelve o'clock.

12:00 M.—Patient is wrapped up warmly, takes a fresh-air and sun bath either in sitting room or upon the roof. Occasionally she goes for a short walk.

12:45 P.M.—Luncheon: About three ounces underdone steak, which patient does not swallow; roasted potato, cup of hot water, boiled rice with cream and sugar, juice of a large, ripe navel orange. After luncheon one tablespoonful of emulsion of cod-liver oil. Rest until two o'clock.

2:00—Four ounces koumiss.

2:15—Deep-breathing exercises for five minutes; dumb-bells for five minutes.

2:30—Rest until four o'clock.

4:00—Two ounces of beef tea.

4:10—Electric bath or Swedish movements.

5:00—Massage; rest until half-past six o'clock.

6:30—Dinner: Three ounces underdone mutton, which patient does not swallow; roasted potato with cream, two slices graham bread, unsalted butter, celery, a glass of mineral water heated, farina made into a jelly, sweetened and served with rich cream. After dinner one tablespoonful of emulsion of cod-liver oil.

7:30—Deep-breathing exercises for five minutes; Indian clubs five minutes.

7:45—Four ounces koumiss.

8:00—Miss Lane wrapped up well, rested upon a couch, and, with just her nose and eyes exposed, was treated to a fresh-air bath; all the windows were opened and remained so for half an hour.

9:00—Patient prepared for bed; sponge bath; four ounces koumiss; rested quietly until eleven o'clock.

11:00—Five ounces oatmeal porridge.

For the first time in three years Miss Lane ventured to swallow about a wineglass of cool, still, mineral water the other day. She said to me: "I do so crave a drink of cool water. It's three years since I've tasted a mouthful of anything cold. Do you think I might venture?"

"Why yes," I answered. "Try a mouthful." So I got her a tiny glass of delicious Waukesha water. She drank it. Then we both sat and looked at each other, waiting for something to happen. There was not the slightest disturbance. Then we smiled in each other's faces, and the little wreck said with a voice like the chirp of a bird:—

"Isn't it too lovely for anything? Do you suppose I'll really get so I can drink water just like other people? Oh, Mrs. Ayer, how can I ever thank the *Sunday World*? Why, I have just pined for so long for one good, big drink of cold water; but if I really took it, I knew I should almost die of pain for hours after."

I am not easily moved, but when I see a human being so humbly grateful to be able to swallow a few drops of cool water, when I see a young creature's eyes fill with happy tears because she can draw a long breath again without distress, when I hear my little patient exclaim as I roused her morning after morning, "Oh, how delicious! Another night without pain," I found a lump in my throat and a sudden necessity for changing the subject or getting away for a few minutes.

Miss Lane alternated her electric treatment with massage and Swedish movements. She took one or the other each day. She was on no particular diet. I gave her, as far as possible, the food she craved. At this period, she ate a number of things she could not digest when she came to me. Eggs and milk were like poison to her. She was debarred also from many vegetables. Birds, poultry and certain kinds of fish she substituted occasionally for beef and mutton, but generally speaking she preferred the two latter meats to any other food of this nature. She consumed several small bottles of koumiss each day, substituted clam bouillon or oyster broth for beef tea whenever she felt inclined. She drank a few mouthfuls of cool Waukesha water daily. She slept a great deal—almost as much as an infant.

Catherine Lane was certainly getting well. She had taken neither drugs nor stimulants to the extent of one drop since she was intrusted

to my care. Her restoration was brought about entirely through care, nursing and physical culture, including massage and electricity.

She had now gained six pounds and three-quarters in weight. She had not had a paroxysm of pain of any description for nearly two weeks. She ate and assimilated the simple food given to her, took her sun and fresh-air baths daily.

When she first came to me, she could walk only a few steps without a shortness of breath which caused her great pain in her side. She walked now ten blocks without fatigue. She had not drawn a long breath without pain for years, when she became the *Sunday World's* patient. She now takes deep, full inspirations from the diaphragm, and has not had recourse to the compressed oxygen for nearly ten days.

I now added spinach, very well cooked and strained, to her bill of fare. There was not the slightest sign of discomfort. Then I prepared some Long Island asparagus, which she did not swallow. With these additions, the dietary remained the same.

When Miss Lane came to me, she weighed 103 pounds. Four weeks later she weighed 116. When she began her life of hygiene as the *Sunday World's* patient, she could not walk three blocks without fatigue. She now walked twenty blocks a day, and could walk much further, were she permitted.

Physical culture, gymnastics, exercises with dumb-bells and clubs of the lightest weight have been of such marked benefit to my patient, that I took her to the most eminent master of fencing in this city, Professor Regis Senac, where Miss Lane took her first lesson in fencing. I was more pleased, I believe, than the pupil, when Professor Senac volunteered the statement that Miss Lane had such a steady hand that she would make a capital fencer, for Miss Lane, five weeks before, could scarcely raise a teacup to her mouth, her hand trembled so.

When our patient suffered her attack of nervous dyspepsia, the first night of her stay with me, she told me she found relief only in hot water. She has never suffered from one of these attacks since the first electric bath.

The left arm, which had not been warm for nearly three years, is now the same temperature as the right. The moisture has gone, and the little palm is cool and perfectly dry.

Watching Catherine Lane flitting about my home the last week of her stay, her graceful figure expressing in its alertness the joy of youth and health, it seemed truly inconceivable that this was the girl for whom I so recently undertook to care. It was impossible then to interest her in anything. It is almost equally difficult now to keep her quiet. She is at present really interested in anything and everything, and making plans for future work and usefulness, for Catherine Lane must earn her own living and assist in the support of others.

REPORTS OF THE JURY

To the Editor of The World:—

Miss Lane has improved very much. I was surprised and greatly pleased by her appearance when she was brought to me at the end of the *Sunday World's* experiment. She is now evidently in excellent health, and there is no reason why the improvement should not be permanent. With care and a continuation of sensible, healthful methods of life, she should be a useful, healthful, happy woman for many years to come.

LOUISE FISKE BRYSON, M. D.

The Gramercy, 34 Gramercy Park,
NEW YORK.

To the Editor of The World:—

The age of miracles is not passed. How else can I view the Miss Lane of a few short weeks ago and the glorious changed Miss Lane of to-day. I have always felt that environment had so much to do toward helping or retarding an invalid in her efforts to get well, that I was prepared to know that Mrs. Ayer could work wonders, but I can only say she has almost worked a miracle. The world is full of women like Miss Lane, and I hope and pray that *The World* will carry on its noble work in the manner it proposes, by establishing a home where rest can be had for time to recover health and desire to live.

I think the grandest work done by man, woman, club or society, is when it helps a discouraged, weary human being to help herself. When I look at Miss Lane to-day, and then let my memory go back to the third day of her "rest," how can I realize that in so short a time has been wrought such a change—from an emaciated, pale girl to a healthy, happy, hopeful woman?

I repeat, when I look back and know what has been done, I am lost in admiration for the noble work of Mrs. Ayer and the *Sun-*

day World. In Miss Lane's recovery, they have built up a monument of prayer. "More things are wrought by prayer than this world dreams of." And may the answer be health, wealth and prosperity to the *New York World*.

BERTHA WELBY.

No. 146 West Twenty-third St.,
NEW YORK.

To the Editor of The World:—

Catherine Lane has certainly improved greatly during the six weeks of hygienic living. She is apparently in perfect health.

Yours truly,

SARAH A. FRENCH BATTEY, M. D.

No. 124-126 West Thirty-sixth St.,
NEW YORK.

To the Editor of The World:—

I desire to congratulate Mrs. Ayer on her success with Miss Lane, and in behalf of the profession of physical training, thank her for her help in proving that a delicate physique can be built up through a proper application of natural remedies, as fresh air, systematic exercise and massage to localize blood current in weak tissues, simple food in small quantities and at frequent, regular intervals, and rest.

Nature is a kind mother if we but respect her desires, and Mrs. Ayer has certainly honored her demands by studying what of her laws had been disobeyed in the case of Miss Lane.

I am happy to have been personally concerned in this case, and to report a most complete improvement. I consider a thorough foundation for permanency of power is now laid, and except overwork is allowed, the next three months will show marvelous gain in health and avoid dupos from the impetus your care and methods have established. The human plant, like those of the vegetable kingdom, will assert its rightful proportions if properly cultivated.

E. MARGUERITE LINDLEY,
Professor of Physical Culture.

Murray Hill Hotel,
NEW YORK.

To the Editor of The Worla:—

Miss Lane called on me this afternoon, and if I had met her on the street I would not have known her, she has improved so. It seems almost incredible that in so short a time Mrs. Ayer could accomplish so much. She ought to be very proud of her work.

Yours sincerely,

MAY IRWIN.

NEW YORK, April 6.

CATHERINE LANE'S LETTER OF THANKS FOR HER CURE

To the Editor of The World:—

My six weeks of treatment under the care of the *Sunday World* now being finished, I wish to express my gratitude for the benefit derived from it. After four years of suffering and discomfort, my health has been so restored, by the liberality of *The World* and the kind ministrations of Mrs. Ayer, that I am able once again to take up a place in the world other than that of an invalid. I feel that no expense has been spared by *The World* to give me every advantage that money could buy and Mrs. Ayer's rare knowledge of nature and intuition could suggest. The food, daintily cooked by Mrs. Ayer's own hands, the massage, electricity, and, above all, the mental atmosphere of perfect rest and the manner in which I have been made to feel that all trouble taken for my benefit was but a pleasure, have all combined to make a well and hopeful girl out of a discouraged invalid. I can never cease to be grateful for my good fortune in having become the object of *The World's* humane experiment. The many pathetic letters received by Mrs. Ayer from other such girls and women have filled me with the deepest sympathy and I can only hope that my experience may become the foundation stone of a rest cure by means of which other unfortunate girls in the same position may recover health and usefulness.

Gratefully yours,

CATHERINE LANE.

During the last week of Catherine Lane's stay with me, Mrs. Lane came to visit her daughter. After three days she left. Taking my hand in hers, and with tears streaming down her face, she handed me a letter which she asked me to give to the *Sunday World*. It was as follows:—

To the Editor of The World:—

It seems to me that the age of miracles has come back when I look at my dear child and see her so well, so bright and so happy, and remember in what despair I wrote to Mrs. Ayer only six weeks ago about her apparently hopeless condition. I can scarcely believe that my daughter is the girl Mrs. Ayer took from our little home, so sick and so discouraged.

Only a mother can know the anguish I have endured in seeing my dear child suffer as she has done every hour for over three years. I thought I had done all that could be done for her, and I saw nothing but an early grave for my sweet daughter, but it seems I was very ignorant.

I had no way of knowing of all those wonderful things—I mean electricity and the Swedish gymnastics—that have made her strong



CATHERINE LANE AT THE END OF SIX WEEKS' TREATMENT



CATHERINE LANE TWO YEARS AFTER

IN PERFECT HEALTH SEE LETTER, PAGE 476

and well. I have been at Mrs. Ayer's now for two days, and have seen the different treatments Catherine is taking, and I have watched Mrs. Ayer herself prepare the delicious food which has formed her diet. Certainly no girl ever received greater and more intelligent and lavish care.

I wish I could think of some way of expressing my gratitude to the *Sunday World*. I cannot. How can a mother find words to express her happiness in the restoration of her child? I can only pray that the *Sunday World* may receive the reward its generosity and kindness merit.

CORNELIA LANE.

About a year after her treatment, I received the following letter from Miss Catherine Lane:—

CHICAGO, Jan. 1st.

DEAR MRS. AYER:—We shall be in New York next week at the Grand Opera House. I long for an opportunity to see you again, and I want also to exhibit myself, for if I am not a miracle, then never was one effected. It seems simply incredible to me that I ever could have been the girl whom you took home last winter, and when I look back upon the torture I endured for so long, I wonder that it can be so easy to forget such exquisite pain as I have suffered for so many years. I wonder if you would recognize the Catherine Lane who could not eat a mouthful without agony after, in the girl who has broken the record for consuming pie in this company? Truly, no one will believe at all that I have ever had any acquaintance with dyspepsia. We have been traveling all winter, and I have eaten all kinds of food at all hours of the day and night. My digestive apparatus would seem to merit a Sandow physique. Nothing that I have yet encountered intimidates me. I sleep just as much as I can. I am only limited by my duties. After the play I go to bed, and fall into a perfectly restful slumber, and if I were not awakened, I really think I should sleep ten hours at a stretch. I have been playing eight times a week all season, rehearsing besides, and I am never conscious of fatigue. I have never been so well in my life. You recollect how pessimistic I was about myself when I came to you, so sick and discouraged not quite a year ago, and perhaps you remember that after I really had recovered I used to say that either a miracle had been performed or else you had exercised some mental control over me, because the whole thing seemed so wonderful? When I realize how desperately ill I was, and when I remember what the doctors told me and how I was cured by rest, care and nursing, and without one particle of medicine, I feel that I really do owe my life to the *Sunday World*. I was very sensitive about my real identity being known while I was the *Sunday World's* patient. It seems to me

now that I can express my gratitude better by letting the *Sunday World* readers know who the girl really is who owes so much to the great paper, so if you like you may tell the *Sunday World* readers that the Catherine Lane who was your patient, and who is always your grateful friend, is no other than yours affectionately,

LILLIAN DAILY.

Two years after her treatment, Miss Lane wrote me from Indianapolis, Ind., where she was playing leading parts in the best stock company in the city, as follows:—

March, '99.

DEAR MRS. AYER:—Just a line to tell you again that I am perfectly well, and that I am getting on in every way capitally. I send you a picture taken a very few days ago. It doesn't look very much like the Catherine Lane who was your little human wreck, does it? The more I think about it, and the longer I continue well and strong, the more I shall insist that you performed a miracle. Do write me when you can, and accept the picture with the love of

Your faithful friend,

LILLIAN DAILY.

NOTE.—Of course Miss Lane's case was exceptional in that she was a terrible sufferer from nervous dyspepsia. Hence the resort to electrical treatment, massage and compressed oxygen. While all of these are beneficial they are not essential in ordinary cases of thinness or even emaciation, which invariably improve with proper fat-forming food, plenty of exercise, plenty of sleep and quiet, restful surroundings. This is Nature's remedy—she made us, knows our needs and will keep us whole, sound and fair proportioned if we follow her rational regimen instead of flying in her face.





APPENDIX B

HOW MARTHA BAKER WAS CURED OF OBESITY WITHOUT DRUGS

N JULY, 1897, Mrs. Martha Baker placed herself in my care to be reduced in flesh without recourse to drugs or medicines of any description. The following is my report of Mrs. Baker's treatment as originally printed in the *Sunday World* :—

Mrs. Baker is five feet, five and a half inches tall, and weighs 205 pounds. At the time her treatment was begun, her waist measured thirty-five inches. She was thirty-two years old, and measured fifty-five inches around her hips.

She is a brunette with perfectly regular features, lovely skin texture, beautiful eyes, teeth white and even as pearls, and an abundance of waving dark-brown hair. She would have been a noticeably beautiful woman were she not encumbered with superfluous flesh.

There is, in my opinion, only one wholesome method of eliminating fat. It consists of a diet which should be selected to sustain the muscular system without creating unnecessary adipose tissue. We all know that fat is carbon, and that oxygen alone will consume carbon. When we take into the body a lot of food which contains carbon, or the elements of carbon, the only way we can properly dispose of it is to burn it out by exercise violent enough to oxygenate the blood and thus absorb the carbon. The more of the fat-forming food we eat, the more exercise we must take, if we do not wish to result in an accumulation of fat. Unfortunately, as the flesh-forming habit increases,

the disposition to stir about or take exercise decreases, and the results are seen every day in the men or women of positively monstrous proportions who drag out an existence which is really a burden to them.

Mrs. Baker's dimensions at the beginning of treatment were as follows:—

Height, 5 feet $5\frac{1}{2}$ inches.

Bust, 45 inches.

Waist, 35 inches.

Wrist, $6\frac{7}{8}$ inches.

Arm, $15\frac{1}{2}$ inches at the largest part, 11 between elbow and wrist.

Neck, $16\frac{1}{2}$ inches.

Hips, 55 inches.

It is impossible for a woman of Mrs. Baker's size to begin at once to take any violent exercise. The weight of her body is so far out of proportion to the proper weight her feet should carry that she could not do much walking. Her feet are not strong enough to support such a monstrous weight.

For the first two or three weeks of her treatment, I depended more upon diet than physical exercise. Having ascertained, as the result of a physician's examination, that she had no organic disorder, and that her heart was in very excellent condition, considering the fat surrounding it, she began her treatment by abstaining from all sweet and starchy foods.

Her bill of fare for the first week consisted of underdone beef and mutton, shellfish, vegetables without starch or sugar, such as lettuce, radishes, tomatoes, cucumbers, all kinds of ripe fruit—without sugar in any form—one cup of weak English breakfast tea a day, hot water several times each day, gluten bread, toasted, to which she added a little salt to take the place of butter.

The articles of diet she positively dared not touch were, first of all, starchy foods, such as cereals, macaroni in any shape, beets, peas, beans, rice, tapioca, barley, wheat in any form excepting in the bread already spoken of, butter, cheese, cream, milk, coffee, cocoa, chocolate, all desserts, all ices, sweet drinks and so-called "soft drinks," including the insidious ice-cream soda. She did not touch nuts or sweetened fruits of any kind nor did she eat of hearty soups.

She ate three meals a day, breakfasting about eight, at which repast she took a cup of weak tea, perhaps two slices of toasted gluten bread

with a little salt, some fresh fruit, a couple of soft-boiled eggs, and a little broiled steak or a mutton chop.

After her breakfast she took a short walk. It was with the greatest effort that she walked three blocks. At the end of that time she was so tired that she was really unable to take another step, and suffered very much from pain in her feet and ankles.

At noon she ate from the list given above, without any special reference to quantity. Of course she took no alcohol or stimulants of any kind.

Her third meal, about six o'clock, consisted of fruits, toasted bread and salt, salad or green vegetables, and meat. I did not care to have her eat meat three times a day, but many people who give up sweet and starchy foods feel that they must eat very much more meat to take the place of other food which they have relinquished.

One of the greatest aids to the accumulation of flesh is sleep, which is a habit, and becomes a fixed one with many stout people. The nerves are so covered with the padding of fat that the result is one of almost torpor. During treatment, Mrs. Baker slept seven hours and no more in the twenty-four. She promised to take no naps during the day, and kept her promise.

So far as any other rules are concerned, for the first week or more Mrs. Baker simply adhered to the diet, and took a warm bath each night, followed by a cold plunge. She took a cold rub each morning. She took no medicines of any form or description.

July 7th, 1897:—

On the seventh day of her treatment for reduction in weight, Mrs. Baker was weighed. She tipped the scales at exactly $197\frac{1}{2}$ pounds, showing a decrease in weight of $7\frac{1}{2}$ pounds in seven days. This is very remarkable under the circumstances, as Mrs. Baker has taken almost no exercise whatever. She had not walked on an average, three blocks a day.

The lesson to be derived from this week's treatment is plain enough. Mrs. Baker has abstained from the food that makes fat. As a result she is adding nothing, but is now exhausting each day a certain amount of the fatty tissues which are still in such abundance. Her treatment has been as follows:—

She arises at about seven, takes a cold sponge bath, and immediately after has breakfast. Her morning meal for the last week has consisted

of one cup of English breakfast tea (without milk or sugar), two soft-boiled eggs, two slices of toasted gluten bread, with a little salt, two lamb chops underdone, and fruit in season (as much as she cared to eat). After breakfast she has busied herself about her home, religiously restraining from lying down and from everything tending to induce sleep, which is a disease with most fat people.

At noon she has eaten roast beef or mutton or broiled steak (underdone), two or three kinds of vegetables, spinach, tomatoes, cabbage and a salad dressing without oil. At this meal she has taken one or two glasses of hot water, and for dessert she has had ripe fruit, without sugar. She has also eaten toasted gluten bread, without butter.

Her evening meal consisted mainly of fruits, with toasted bread, as she has found the weather too warm for eating meat three times a day.

HOT WATER, NO TEA

Mrs. Baker has had hot water at night in place of tea. This bill of fare has been almost of daily repetition, but, singularly enough, my patient is not in the least tired of the diet. On the contrary, she is in a state of most exuberant spirits. She is convinced that she has adopted the right system, and as she is an extremely intelligent woman and has splendid will power, there is not the slightest doubt in my mind of her success. It requires persistence to complete the obesity cure successfully.

We have made one attempt at bicycle riding only, and that one was not very successful. I have felt that the weather was too warm for a woman of her bulk to take such exercise, and the one bicycle lesson resulted in such fatigue, and in so much suffering from the soreness of unused muscles that we have relinquished the bicycle until the weather moderates.

Mrs. Baker's average woman acquaintances would not notice her decrease in facial flesh at present. She would immediately, however, notice the difference in her size around the hips. The decrease, however, has been a symmetrical one. I find my patient to-day measures but fifty-one inches around the hips, showing a loss of four inches. This is a great deal, but not more than should be expected from the diet. Her neck is one-half inch smaller. Her

waist has decreased three inches, the bust an inch and a half. There is no appreciable difference in the arm and wrist.

Mrs. Baker takes a hot scrub at night, a cold plunge afterwards, and allows herself but seven hours of sleep. She says she already feels like a new creature, and she begins now to understand what a tremendous detriment her superfluous flesh has been; how it has weighed her down both mentally and physically. If the weather were not so unpropitious it would be difficult to restrain her, for she shows every desire to really do more than I wish in following the treatment.

There is no reason why any fat woman—or man, for that matter, should not reduce the weight until a proper one is reached, by following this method, which consists, as I have said before, of merely ceasing to supply fat-forming food to the system.

NO FEAR OF ILL EFFECTS

In reply to many letters received since last Sunday's publication of Mrs. Baker's case—letters which it is impossible for me to answer specifically—I am glad to say that there is no fear of ill effects from this treatment. As a matter of fact, most people really eat too much, and the hardiest races in the world are the races living in the mountains, where one never sees a fat man or woman. The reason for this is that mountain climbing, which is a very arduous physical exercise, oxygenates the blood rapidly, and this oxygenation burns out all superfluous fat. It is like the bellows fanning the fire.

Mrs. Baker is, of course, far in excess of her proper weight. She should not be much heavier than 150 pounds. There is no reason, in my opinion, why she should not reduce herself to a weight which shall make her a symmetrical woman, and inasmuch as the only obstacle to her being a beautiful woman is her superfluous flesh, I shall endeavor to have her continue the treatment until she has so nearly approached the weight that both she and I will be satisfied, or until she has the system so well in hand herself that she no longer needs my direction.

NO MEDICINES USED

I wish to make a point of the fact that Mrs. Baker takes no medicines or purgatives of any description. She will, of course, abstain from alcohol or wines or "soft drinks." There is nothing so insidious and so certain to make an unwholesome excess of flabby fat as the thousand and one sweet drinks to which the women of this country are so much addicted.

It may seem to many readers almost like tyranny to suggest hot water at this time of the year. *As a matter of fact, it will be found that the hot water does not make one any warmer. It will quench the thirst, it stimulates gastric action, and less of it is required than when one indulges in iced water.

Mrs. Baker is carefully following the rules laid down for her, which include a positive abstinence from all starchy and sweet food, such as all cereals, breads of every description, excepting gluten bread; vegetables, such as potatoes, beans, corn, beets, peas, eggplant; milk, butter, cheese, cream, coffee, cocoa, chocolate, all desserts, excepting ripe fruits, nuts of all kinds; in fact, anything that contains starch or sugar. It is a mistaken idea to suppose that one will starve upon the diet advised in this treatment, although I admit it is limited, but when one is really hungry one can eat of the food such as Mrs. Baker is now eating, and the wonderful benefits physically derived from the reduction in flesh, the renewal of energy and the activity in every way, will more than repay.

July 16th.—Mrs. Baker, at the end of her second week's treatment, was weighed. She brought the scales down at exactly 193½ pounds. When her treatment began, she weighed 205 pounds. During the first week she lost seven and a half pounds. I consider a continuous loss of three pounds and a half a week about the proper amount of reduction.

In the treatment of an obese patient the change of diet is of course a radical one, and the first week or ten days the patient usually loses about double the amount of flesh, or rather decreases in weight to that extent as compared with the week following.

The most noticeable change is around the hips and abdomen. Mrs. Baker's original measurements, as taken for this experiment, showed that she was fifty-five inches around the hips. She had lost nine

*August, 1897.

inches in circumference, and already she finds it difficult to walk in her ordinary skirts. A gown that she wore the day I first measured her now trails on the floor all around. For the first week there was little change in the measurements, except around the bust. In fact the bust measurement, which decreased two inches, and the neck half an inch, were the only noticeable variations in the measurement. But this week tells a different story. There is a difference of over an inch in the neck measurement.

The waist measure has not changed from last week and is thirty-two inches, showing a decrease of three inches around the waist since the beginning of the treatment.

For the first ten days there was no noticeable difference in the face, but on Monday morning, when I took Mrs. Baker's photograph, there was a very marked change. The flesh is falling away from the upper part of the face as well as about the chin and throat. For years Mrs. Baker has never attempted to wear a close collar. She now wears a fifteen and a half inch collar with perfect ease.

She now walks twelve blocks a day, takes bicycle lessons, and her whole manner is so changed that it is almost a miracle to her friends. She tells me that she constantly meets people whom she knows and who voluntarily express their surprise at the improvement of her appearance, and remark upon her unusual physical activity.

WHAT SHE EATS

The daily routine has been changed very little. The *Sunday World* patient continues to rise at about seven in the morning; her breakfast consists of gluten bread, a cup of weak English breakfast tea, without sugar or milk, as much ripe fruit as she chooses to eat, and, as she says she is so hungry, she also now eats a bit of underdone steak or a chop in the morning. The bread is no longer toasted. My patient is making progress rapidly enough without the aid of the toasted bread, and now eats the gluten bread with a little salt in place of butter, and as much as she feels inclined.

The diet for the second meal has also been slightly changed. When she chooses to do so, Mrs. Baker now eats any one of a number of vegetables, or two or three of them, if she feel disposed. Of

course these are all selected for her, and are not of the starchy or sugary order.

It is wonderful to see in so short a time the difference in the expression of our patient's face. It has gained wonderfully in vivacity and interest. Her eyes appear to be larger, which, of course, is due to the decrease of flesh around them. Her step is as different as it is possible to imagine. It is much more agile. She is delighted beyond expression at the progress of the treatment.

The bicycle lessons are now successfully progressing. Readers of the *Sunday World* will recollect that the patient's first attempt was a failure, or would have been so considered by the average person who has undertaken to learn. The first day our patient attempted to ride, it was with the utmost difficulty that she mounted the machine, although aided by two instructors. It was almost impossible for her to lift herself on to the wheel, and at the end of the first lesson she was so exhausted physically that she was really unable to walk a step, and was obliged to rest for nearly an hour before she could go home. Very stout people, although they are unaware usually of the fact, really exercise only a few sets of muscles. They test an entirely different set when they try to propel a bicycle.

MRS. BAKER'S MEASUREMENTS, WEIGHT, ETC.

Monday, July 5th:—

Height, 5 feet $5\frac{1}{2}$ inches.

Weight, 205 pounds.

Bust, 45 inches.

Waist, 35 inches.

Wrist, $6\frac{1}{8}$ inches.

Arm at the largest part, $15\frac{1}{2}$ inches.

Arm at the largest part between elbow and wrist, 11 inches.

Neck, $16\frac{1}{2}$ inches.

Hips, 55 inches.

Monday, July 12th:—

Weight, $197\frac{1}{2}$ pounds.

Bust, 43 inches.

Neck, 16 inches.

Hips, 55 inches.

Waist, 32 inches.

Monday, July 19th:—

Weight, 193½ pounds.
Hips, 46 inches.
Neck, 15½ inches scant.
Bust, 43 inches.
Waist, 32 inches.

The day after Mrs. Baker's first bicycle lesson was one neither she nor I will readily forget. My patient was a very discouraged woman and very lame, and she said she was quite certain she should never have courage to attempt the second lesson. I did not urge her, but let the matter rest until, of her own accord, she suggested making a second trial. I consented, and yesterday she came to me with brilliant eyes, a quick and alert step and a face wreathed in smiles to tell me that she could ride alone. She had no difficulty whatever now in mounting the machine, and will take a lesson every day for the present.

The flesh about the face and throat of our patient now begins to give evidences of the depleting process. The muscular structure which supports the adipose tissue, has been so long weighed down by the mass of superfluous flesh that it has become flaccid and weak because it has been unequal to the weight put upon it.

The next step of importance in Mrs. Baker's treatment will be the restoration of these muscles to firmness and strength. The muscles of the face are intended to uphold just enough for symmetry and a perfect contour. Once they have been weakened by obesity, it is difficult, but not impossible, to restore them to firmness, and the best method for effecting this result is unquestionably massage.

Very few women appear to understand just what massage will do for the facial muscles, and I receive constantly many letters begging to know what massage is, what it will do for the face, and what the process is. Massage will usually do for the face just what it will accomplish upon any other part of the body where the muscles are weakened and relaxed. In the case of a withered arm or leg the limb has times without number, been restored to a normal condition without other treatment than properly-directed Swedish massage, combined with electricity.

July 26th.—Mrs. Baker was weighed the beginning of her fourth week of treatment. To her great astonishment and delight the scales

registered 190. This was a reduction of just fifteen pounds in three weeks. It was truly remarkable to see the change in her looks and manner, and if there were any question in my mind as to the wholesomeness of an excess of fat, it would certainly have been dispelled by this experience with my patient during the three weeks.

For seven years Mrs. Baker had never been able to walk more than three blocks at a stretch. She suffered from palpitation of the heart when she attempted to walk upstairs, and any exertion resulted in great fatigue. This was her condition when she placed herself under my care, July 11th.

When she came to me to be weighed, July 26th, her step was as light as that of a young girl of twenty. Her figure was so changed, that it was impossible for her to wear her ordinary garments, and the waist which she had worn to have her photographs taken, was really a ludicrous sight upon her. Naturally, she was delighted in the improvement in her appearance, but I was more rejoiced, because her general health had received such wonderful benefit. She could now walk from fifteen to twenty blocks a day, rode a bicycle, and said she felt as she did when she was a young girl, before the superfluous flesh encroached upon her strength and beauty.

A great many kindly persons have assured me that obesity was natural, and that I was taking a great risk in defying Nature in my attempt to reduce my patient's adipose tissue. I must contend, on my side, that superfluous flesh is a disease, and that even a moderate obesity is less wholesome than a normal amount of fat, and I am convinced, not only from my own experience, but from the experiences of many persons whom I have guided in this matter, that obesity is not a natural condition at any time of life. I believe that scientists have decided that a very small amount of adipose tissue in the human organism is necessary to a person of average height, and, if I am not mistaken, I think the amount required for a person weighing 160 pounds is not above eight pounds. My own belief is that after a certain weight every added ounce is harmful to the subject, one way or another.

It is a curious fact that so many intelligent men and women insist that obesity is uncontrollable. A very well-known lady recently told me that she knew it was not what she ate that made her fat. On the contrary, she declared that she was not addicted to fat-forming food. Then I asked her to tell me what she ate during that day, and she

described a diet that was certainly an extremely fat-producing one. In her own language it seemed innocent enough, and it was difficult for me to combat her ingenuous assurances that she only ate a very little at a time of the various starchy and sugary foods she referred to. I knew perfectly well, merely looking at her, that she must be eating fat-forming foods, and I am as positive as I am sure that fire will burn, that on a non-fat-producing diet she would inevitably reduce in size, but it was impossible for me to convince her.

A great many fat people declare that they are in perfect health ; and I am certain this is not true. As a matter of fact and statistics, fat people do not live as long as those who are more normal in size. Doctor C. M. Page, who is an authority on this subject, declares : —

“A fat person, at whatever period of life, has not a sound tissue in his body. Not only is the entire muscular system degenerated with the fatty particles, but the vital organs — heart, lungs, brain, kidneys, liver, etc. — are likewise mottled throughout, like rust spots in a steel watch-spring, liable to fail at any moment. The gifted Gambetta, whom M. Rochefort styled the fatted satrap, died, far under his prime, because of his depraved condition. A slight gunshot wound, from which a clean man would have speedily recovered, ended this obese diabetic’s life. Events sufficiently convincing are constantly occurring on both sides of the Atlantic. Every hour men are rolling into ditches of death because they do not learn how to live. The ditches have fictitious names — grief, fright, apoplexy, kidney trouble, heart disease, etc.”

The inciting cause of the accumulation of superfluous flesh is in the ingestion of more food than the system requires, which results in the failure to throw off the waste matter. I think that the beginning of obesity in most cases will be found in the excess of starch and sugar taken into the stomach. There is no question in the world as to what a diet of meats with starchless vegetables will accomplish.

The success of Mrs. Baker’s case would appear to be unusual to the average observer. It is not so, however. She is simply reaping the reward of her courage and persistency. Mrs. Baker is a very bright and charming woman, and she was so much in the spirit of the experiment that it was a great pleasure to watch her. The improvement in her looks is most extraordinary and particularly about the face as the lost contour has reappeared.

MRS. BAKER'S WEIGHT AND MEASUREMENTS

(TAKEN AT WEEKLY PERIODS DURING HER TREATMENT.)

Monday, July 5th.

Height, 5 feet, $5\frac{1}{2}$ inches.
Weight, 205 pounds.
Bust, 45 inches.
Wrist, $6\frac{7}{8}$ inches.
Waist, 35 inches.
Arm at largest part, $15\frac{1}{2}$ inches.
Arm at largest part between elbow and wrist, 11 inches.
Hips, 55 inches.
Neck, $16\frac{1}{2}$ inches.

Monday, July 12th.

Weight, $197\frac{1}{2}$ pounds.
Bust, 43 inches.
Waist, 32 inches.
Hips, 51 inches.
Neck, 16 inches.

Monday, July 19th.

Weight, $193\frac{1}{2}$ pounds.
Bust, 43 inches.
Waist, 32 inches.
Hips, 46 inches.
Neck, $15\frac{1}{2}$ inches.

Monday, July 26th.

Weight, 190 pounds.
Bust, $41\frac{1}{2}$ inches.
Waist, 31 inches.
Hips, 44 inches.
Neck, $14\frac{1}{8}$ inches.

It will thus be seen that she continues to decrease in size and to improve in every possible way. She has now finished the fourth week of her treatment. For seven years, up to the day she began this treatment, Mrs. Baker had never been able to walk more than three blocks, at the outside, in any one day. She had been almost a chronic invalid.

I made no mention of this fact when I first undertook the case, but it is the truth that she had been constantly under a physician's care for a number of ailments since the birth of her child seven years ago. Her condition at that time was such that it was considered inadvisable for her to take any exercise, and she passed the greater part of her time in a reclining position.

Ten years ago she was possessed of a figure which was daily remarked for its beauty and symmetry. It was, in fact, the perfect figure.

I went with Mrs. Baker to see her ride on her bicycle. Her progress toward health and beauty was something positively astonishing. It must be remembered that four weeks ago this woman could not raise her foot high enough to mount a bicycle. The muscular effort was almost impossible, and it was necessary to lift her almost as one would lift a sack of meal. She had not the slightest elasticity or apparent vitality. She then weighed 205 pounds, and was huge around the hips. She could not walk across the room without breathing as though she had gone through some terrific muscular exertion. To walk up a flight of stairs exhausted her so that she could do no more until she had rested. She now mounted a bicycle as gracefully and as easily as any girl of twenty, and rode about eight miles without fatigue, but on the contrary, looking every moment the picture of health. When we returned from our ride the patient declared herself free from fatigue and was in the most buoyant spirits.

I do not wish to make any absurd claims for the obesity treatment, but I do feel that I should say, and that other stout women afflicted in the same manner should know, that Mrs. Baker to-day is a perfectly well woman. The internal troubles from which she has so long suffered have completely disappeared. She herself declares that a miracle has been performed, but I know that once more hygiene has only done what drugs can never hope to accomplish in certain cases.

Mrs. Baker's measurements and weight as taken for the first five weeks are as follows:—

July 5, weight,	205	pounds.	July 26, waist,	31	inches.
July 12, "	197½	"	Aug. 2, "	30	"
July 19, "	193½	"	July 5, hips,	55	inches.
July 26, "	190	"	July 12, "	51	"
Aug. 2, "	186½	"	July 19, "	46	"
July 5, bust,	45	inches.	July 26, "	44	"
July 12, "	43	"	Aug. 2, "	44	"
July 19, "	43	"	July 5, neck, 16½	inches.	
July 26, "	41½	"	July 12, "	16	"
Aug. 2, "	41	"	July 19, "	15½	" scant.
July 5, waist,	35	inches.	July 26, "	14½	"
July 12, "	32	"	Aug. 2, "	14	"
July 19, "	32	"			

The decrease around the hips and about the throat would appear to be remarkable, but this is not so. Fat people appear to gain flesh more readily in some parts of the body than others, and an obese woman leading the life pursued by Mrs. Baker would in almost every case acquire flesh just in these regions. Mrs. Baker's neck is now almost normal size.

In order to avoid lines and wrinkles, which sometimes appear as a result of the loss of adipose tissue, I ordered massage of the face and throat for Mrs. Baker, and she receives these treatments regularly.

Mrs. Baker's diet continues about the same. She now understands what she can eat, and she knows the value of various foods suited to her taste. She discovered that she gained flesh when she ate as much pilot bread as she chose. She keeps a regular record of her weight, and can tell within twenty-four hours if she is increasing in the slightest degree. Like ninety per cent. of the obese people, Mrs. Baker really thought, as she said, that it was not what she ate that made her fat.

Obesity patients should be weighed the day they begin treatment. If the rules here given are strictly obeyed, the decrease in weight the first week will probably be about twice as great as that of any other week. The abnormal weight is always due to an accumulation of adipose tissue and water, constantly increasing because of the food and fluids taken into the stomach. By a radical change of diet which eliminates starch, sugar, and, to some extent, decreases the amount of fluid, the reduction in weight is much greater than after the first shrinkage.

The obesity patient must understand that fat is a disease, and that the dietetic treatment for reduction is reasonable, logical, and is certain to prove effective. Whenever an obese person fails to lose flesh under the system here advised, that person is positively and certainly infringing on some of the rules.

I have no wish to disguise the fact that obese patients who wish to regain a normal size must exercise self-denial and will power. After the first three days the severity of it is a thing of the past. The relief from the burden of flesh is felt within twenty-four hours, and I have never yet taken care of an obesity case (and I have had numbers of them) where the patient who has held out for three days has not succeeded in the undertaking.

See what a bill of fare for the patients who wish to reduce flesh can be made up from the following articles:—

Beef or mutton in any form, preferably roasted or broiled, always underdone; spinach, tomatoes, cucumbers; salads of all kinds, dressed without oil; ripe fruits of every description; all kinds of fish, excepting salmon; and, in the course of two or three weeks, fowl or game. For the first fortnight I think it better to restrict the diet to beef and mutton. Cabbage, turnips and cauliflower may also be added.

The benefit in obesity cases to be derived from hot water is of importance, and after making a number of experiments I am convinced that obesity patients fare much better by taking what may seem at first a large quantity daily. The hot water has the advantage of stimulating the digestive organs, particularly the liver, and a torpid liver is a great friend of obesity. Hot water also stimulates circulation and augments the vitality. Obesity patients are advised to take a large cup of water as hot as can be drunk, about one hour before each meal, and the same amount or more before retiring. So far as drinking with meals is concerned, I think it a mistake to punish one's self by the deprivation of fluids. Obesity patients will do perfectly well in most cases if they permit themselves a good-sized cup of English breakfast tea for breakfast and hot water with lemon juice at other meals. Milk should not be used, or cream, in the tea. A slice of lemon and a half grain saccharine tablet will take the place of both milk and sugar. The saccharine tablets may be obtained at any druggist's.

EXERCISE

Concerning exercise, at the beginning of the treatment, it will be difficult for many of the obese persons to whom I am now addressing myself, to take even moderate exercise. They should, however, make the attempt. Walking, light gymnastics, athletic games, the punching bag, are admirable, but unquestionably best of all, is the bicycle.

It is a great mistake in the obesity treatment to make the exercise at first either severe or laborious. No one should ever take so much physical exercise as to experience a real feeling of exhaustion. It is an error to suppose that exercise is only useful in a ratio to its severity. Obesity patients oftentimes say they cannot ride a wheel. Mrs. Baker was convinced she could never accomplish this feat, yet she is now so enthusiastic that were I to permit her, she would ride three times as far as I think wise at present.

August 9th.—Mrs. Baker concludes her six-weeks' treatment under my care. She understands now quite as well as I do how to take care of herself, and is perfectly able to follow the course laid out without my guidance. Mrs. Baker no longer appears like the same woman. She herself can better describe the difference in her entire life that the obesity cure has made, and I take pleasure in giving to the thousands who are interested in this case, Mrs. Baker's own words to me in a letter just received :—

MY DEAR MRS. AYER :—It is impossible for me to tell you my delight at the success of the experiment, as you choose to call it, in the reduction of flesh by logical and rational means, for the demonstration of which I was the subject. I should like every one who is interested in obesity as a disease and in its cure to know just how difficult my case was, and then I am sure they will understand that I entered into the matter with many forebodings.

I have for years considered flesh as an affliction, and it was a very painful one to me, but until I met you I never regarded it as a disease, although my increase in fat began with my invalidism of seven years ago. Up to the time I first met you, for at least seven years I have been increasing in weight, steadily losing strength and steadily failing in interest in all that makes life most useful and gives a zest to one's existence.

I believe that my flesh was the result of my sedentary life in the beginning. For a long time after the birth of my little daughter I was unable to take any exercise. I remained in bed a great deal of the time, and was for months a patient at one of the well-known hospitals, where, notwithstanding my critical condition, I still increased in flesh. I have certainly had the best medical attention it was possible to procure, but utterly without avail so far as making me a well woman.

When I first met you I was in despair, and did not believe I should ever be able to walk more than a block and a half, which was the utmost I could do, and I had given up all hopes of ever being like myself. My family and my friends regarded me as a hopeless invalid. My mother, in fact, always spoke of me as her invalid daughter. I do not think that it ever occurred to any one that my superabundance of flesh was the secret of my ill health, and when you suggested that with the decrease of weight I should certainly get stronger, it had no effect upon me, because I had no confidence that such was the case. All this concerns the Martha Baker of six weeks ago.

To-day I feel positively like a new woman. I look at the photograph taken of me the day I began the treatment, and at the photograph taken the day before yesterday, and I myself find the change almost as incredible as do my friends. It is not necessary to refer to just what the treatment has been because the readers of the *Sunday World*, who are interested, have followed it. The experience was one that I shall value all



MARTHA BAKER — BEFORE TREATMENT

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MARTHA BAKER—AFTER FIVE WEEKS' REDUCTION TREATMENT

my life. It has taught me not only that my strength and health, but also my looks and my happiness are almost completely in my control. I have learned how to gauge my diet so that I can, when I have arrived at the weight determined upon, am quite certain, hold it indefinitely.

Of course, like all other women, I am delighted at my improved appearance, but far beyond is my happiness in being well again. I can now walk twenty or thirty blocks without fatigue. I ride my wheel every day and enjoy it immensely, and I feel such renewed vivacity and energy that, whereas, it used to be an exertion for me to move, it now seems impossible for me to remain quiet any length of time. I cannot express to you my grateful appreciation of all that has been done for me, and the pleasure it gives me to indorse the rational treatment for the reduction of flesh and its perfect success in my case.

With many thanks to you personally, I beg you to believe me,
Gratefully yours,

MARTHA BAKER.

MRS. BAKER'S WEIGHT AND MEASUREMENTS

July 5, weight, 205 pounds.	July 5, hips, 55 inches.
July 12, " 197½ "	July 12, " 51 "
July 19, " 193½ "	July 19, " 46 "
July 26, " 190 "	July 26, " 44 "
Aug. 2, " 186½ "	Aug. 2, " 44 "
Aug. 9, " 182½ "	Aug. 9, " 42 "
Aug. 16, " 178 "	Aug. 16, " 42 "
July 5, bust, 45 inches.	July 5, neck, 16½ inches.
July 12, " 43 "	July 12, " 16 "
July 19, " 43 "	July 19, " 15½ "
July 26, " 41½ "	July 26, " 14½ "
Aug. 2, " 41 "	Aug. 2, " 14 "
Aug. 9, " 40 " (full)	Aug. 9, " 14 "
Aug. 16, " 38 "	Aug. 16, " 14 "
July 5, waist, 35 inches.	Decrease in weight . . 27 pounds.
July 12, " 32 "	Decrease in bust m's're . 7 inches.
July 19, " 32 "	Decrease in waist m's're 7 "
July 26, " 31 "	Decrease in hip m's're . 13 "
Aug. 2, " 30 "	Decrease in neck m's're 2½ "
Aug. 9, " 29½ "	
Aug. 16, " 28 "	

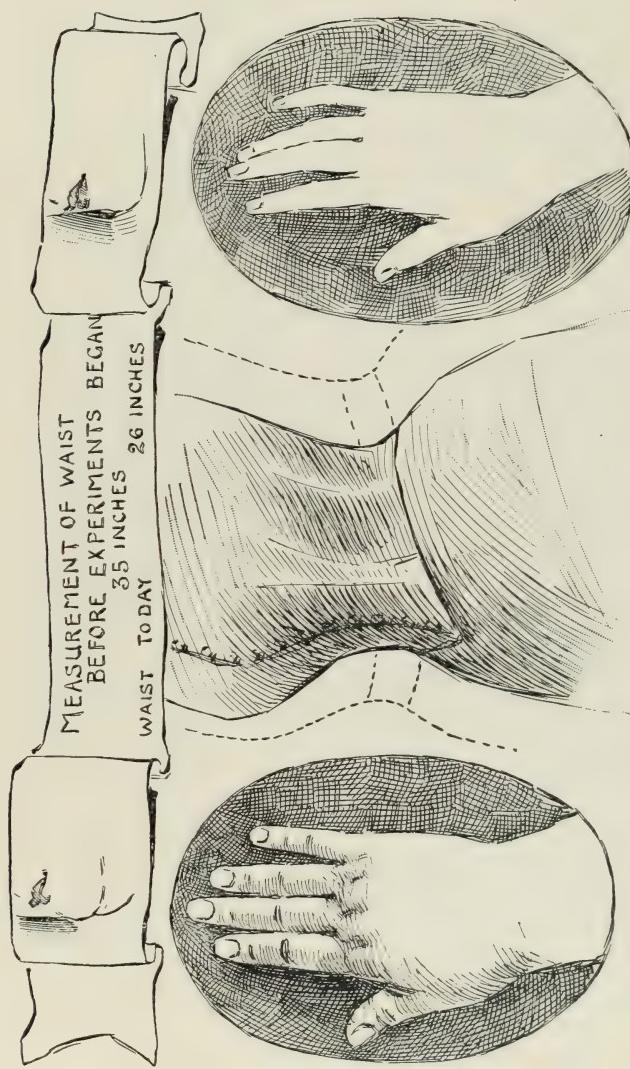
When I discharged Mrs. Baker, I told her that she now knew as much about the treatment for obesity as I did. She promised to continue the regimen and let me hear from her.

NOTE.—Mrs. Baker's case was complicated by an organic difficulty and by the pressure of the fatty tissues upon the vital organs of the body. She was simply a victim of

aggravated obesity. She was fully sixty pounds heavier than she should have been for her height. Not one stout woman in ten is that much overweight. Reduction in most cases therefore becomes a simpler and easier task than she was called upon to perform. She accomplished that task fully to her own unbounded delight and to the satisfaction of her family and friends. She has since kept the faith. I had not seen her for many months until a very few days before this note was penned. She entered my office, not with other callers but alone. I looked squarely at her and, to my subsequent apologetic confusion, I did not recognize her until she said: "Why, don't you know me, Mrs. Ayer? I'm Mrs. Baker." There she stood, tall, fair proportioned, healthy, happy and beaming—a flower of mature womanhood, just as Nature intended she should be.

I have thus given you in detail the history of two cases which excited no little attention and which called forth hundreds of letters from those afflicted with emaciation on the one hand, or obesity on the other. There seemed to lurk in the minds of some a doubt as to whether the results claimed could be accomplished without the aid of drugs and doctors. It was to establish this very fact that the experiments were undertaken, and it was proved beyond the shadow of a doubt that, barring constitutional ailments, there is hope for the thinnest or the stoutest woman in the land—or man for that matter, as the treatment would be practically the same regardless of sex. It is not a case of drugs or doctors. The remedy in either event rests solely with the patient. As a matter of fact, abnormally thin people live and die thin, and ultrafat people live and die fat, because, in most cases, they do not possess the moral courage and stamina to follow out the treatment and then conform to a sensible diet. Some begin well enough and benefit accordingly, but appetite and inclination get the better of good resolutions. I once had a class of more than sixty obesity patients; fifty-three of these reduced themselves to a satisfactory condition and have since kept themselves in *statu quo* by observing the simple rules laid down. The excuse need never be made that "one must eat what one likes." If this were true one need not eat *everything* that one likes. Dieting is not starving, and when objectionable articles are eliminated there still remains a long list of good things and at a price within the reach of all.

In conclusion it may be repeated that the treatment and regimen applies to women and men alike, and can be tested by the poor as well as the rich, and I feel that I may be pardoned when I say that it is a duty that we owe to ourselves, our families and even to our friends to keep in a normal, healthful and nonoffensive physical condition, especially when that object can be accomplished by the observance of a few simple rules pertaining to diet, exercise and sleep.

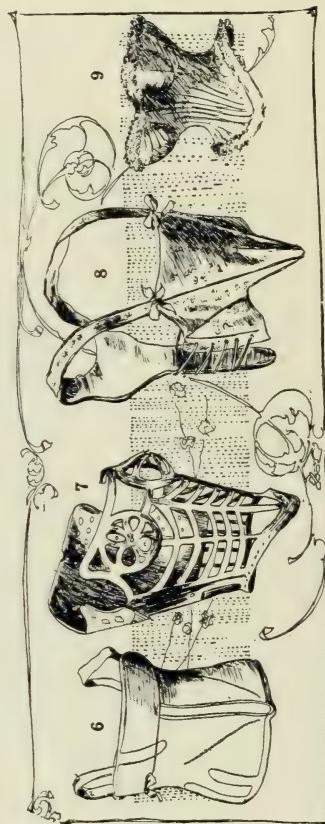
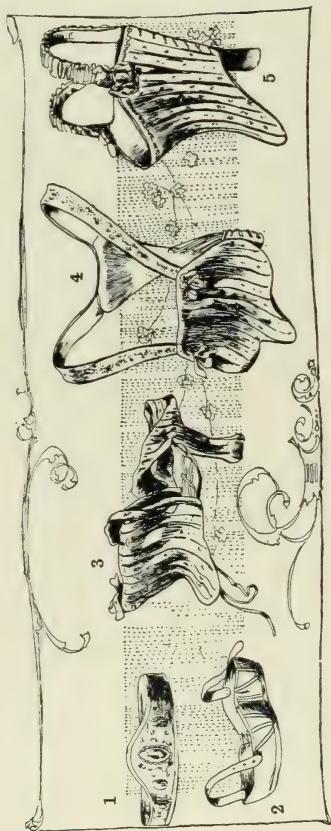


MARTHA BAKER'S MEASUREMENTS, TAKEN FROM LIFE, SHOWING PROPORTIONATE REDUCTION FROM MRS. AYER'S TREATMENT

THE EVOLUTION OF THE CORSET—FROM GREEK ZONE TO THE CORSET OF TO-DAY

NOS. 1 AND 2: ZONE AND BREASTBAND
NO. 3: 13TH CENTURY
NO. 4: 14TH CENTURY
NO. 5: 15TH CENTURY
NO. 6: 16TH CENTURY
NO. 7: 17TH CENTURY
(198)

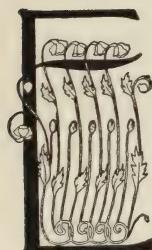
NO. 8: 18TH CENTURY
NO. 9: BORN IN 1880





APPENDIX C

EASILY-MADE REMEDIES AND TOILET PREPARATIONS



VERY woman will agree with me that it is the small lacks that mar our comfort and ruffle the domestic waters.

In getting ready for an outing, the prudent woman will consider the distress of mind and body she will beyond peradventure have to endure, if she court the sun and breezes without a well-chosen stock of healing cream, soothing lotions and refreshing aromatic waters.

The following remedies will often be found useful :—

WITCH HAZEL CREAM

White wax, one ounce; spermaceti, one ounce; almond oil, three ounces; lanolin, one ounce ; place these four ingredients into the inner vessel of the custard boiler. Fill the outer vessel about half full of warm water and set over the fire. Place the inner vessel into the outer receptacle. When all the ingredients have melted, take the inner vessel out, stir the mixture constantly until cold, adding little by little, during the stirring, three ounces of rose water, one ounce of witch hazel, and one drachm of tincture of benzoin. The result will be more than half a pound of delicious cream for the purpose suggested.

Good toilet vinegars are very expensive if purchased over the counter. No preparation for the toilet can be more easily compounded :—

FORMULA FOR AROMATIC VINEGAR

Take of glacial acetic acid, 1 pound; rectified spirits, 2 imperial fluid ounces, camphor (gum crushed small) $2\frac{1}{2}$ ounces; oil of cloves, $1\frac{1}{2}$ drachms; oil of rosemary, 1 drachm; oil of bergamot, oil of cinnamon, oil of lavender, oil of pimento, oil of neroli, each $\frac{1}{2}$ drachm. Mix all together; pour into a large bottle, and shake until the whole of the camphor is dissolved.

FOR MOSQUITO STINGS

It is said that rubbing the inflamed part with a slice of raw onion will effectively relieve the pain and irritation of mosquito stings. I am not certain that the remedy is not more disagreeable than the affliction.

A solution of menthol in alcohol is really excellent for the stings of all insects. Any good apothecary will know the proper strength.

Ivy poisoning is so painful, that it is well to have a recipe which can be made up easily, should it unfortunately be required. The following has been most successful. It is the formula of a well-known physician :—

POISONING FROM IVY

Carbonate of lead	2 drachms.
Powdered arrowroot	2 drachms.
Powdered gum acacia	1 drachm.
Hydrochlorate of cocaine	10 drachms.
Olive oil	3 ounces.

Spread over the skin affected.

In cases of bad stings from insects, where the pain is intense, and there is no abrasion of the skin, an application of a weak solution of cocaine will bring instant relief. Cocaine should however always, if possible, be given by physician's orders.

For daily use, merely as a grateful wash, the baby and the grandmother, and all the intermediaries, will find nothing more refreshing and agreeable than the old-fashioned Orange Flower Water Lotion, made as follows :—

ORANGE FLOWER WATER LOTION

Glycerine	1 ounce.
Orange flower water	1 pint.
Pulverized borax	3 drachms.

FRÈNCH MILK OF ROSES

(A COSMETIC WASH OF RENOWN)

Tincture of benzoin (simple)	$\frac{1}{2}$	fluid ounce.
Tincture of styrax	$\frac{1}{4}$	fluid ounce.
Esprit de rose	1 to 2	fluid drachms.
Rectified spirits	$2\frac{1}{2}$	fluid ounces.
Mix ; add gradually, rose water .	$16\frac{1}{2}$	fluid ounces.

Augustin recommends the addition of a little carbonate of potash (say 1 dr. to the pint) when used as a lotion for acne.

CUCUMBER CREAM

Put six ounces of sweet almond oil into the inside receptacle of a custard boiler. Put as much water into the outside boiler as though you were about to make a custard. Set the two (one inside the other) over the fire. Have ready four good-sized cucumbers. Wipe them carefully so that they are perfectly clean. Cut them into squares, two or three inches in size. Do not remove the peel. When the almond oil begins to warm, put the cucumbers in it. Set the custard boiler on the back of the stove, and let the water merely simmer for four or five hours. Strain. To six ounces of the strained liquid add one ounce of white wax, one of spermaceti and two ounces of lanolin. Heat until the wax, spermaceti and lanolin are melted. Then take off the fire, and beat with an egg beater until cold, adding during the beating process two teaspoonfuls of tincture of benzoin. This will make a delicious cucumber cream, if properly and carefully prepared.

A NEW REMEDY FOR BLACKHEADS

Doctor Hebra, of Vienna, a world-renowned dermatologist, advises the following for curing blackheads. Bathe the face at night with the following lotion :—

Rose water	10	grammes.
Pure alcohol	10	grammes.
Glycerine	10	grammes.
Powdered borax	5	grammes.

After five minutes apply this mixture :—

Pure alcohol	80	grammes.
Spirits of lavender	10	grammes.
Green soap	40	grammes.

Wash off in the morning.

ANTIPHELIC LOTION FOR REMOVING FRECKLES—(Hardy)

Bichloride of mercury	1 gramm.
Sulphate of zinc	2 grammes.
Acetate of lead	2 grammes.
Distilled water	enough to dissolve.
Agitate. Add distilled water	260 grammes.

Apply this lotion after bathing the skin with warm water, morning and night.

This lotion will cause a slight inflammation and will gently remove the cuticle. It is efficacious but painful.

A CURE FOR PARASITES—(Pierre Vigier)

Bichloride of mercury, 5 grammes; pure glycerine, 100 grammes. Apply to the parts afflicted. It will destroy all parasites, and can be washed off half an hour after it has been rubbed into the scalp, or wherever required.

CURE FOR CONFLUENT ACNE—(Monin)

Apply the following mixture to the afflicted parts morning and night:

Glycerine	40 grammes.
Oxide of zinc	5 grammes.
Soap tincture	10 grammes.
Potassa alum	2 grammes. Mix.

For internal treatment in connection with the above, the patient should take each morning before breakfast one tablespoonful of a mixture composed of equal parts of pure glycerine and castor oil.

TO SCATTER BOILS—(Monin)

Apply frequent compresses wet with equal parts of tincture of iodine, tincture of arnica and spirits of camphor. If the patient will drink tar water in connection with the local treatment, it will aid in aborting the boils.

SKIN FOOD

White wax	1 ounce.
Spermaceti	1 ounce.
Lanolin	2 ounces.
Sweet almond oil	4 ounces.
Cocoanut oil	2 ounces.
Tincture of benzoin	30 drops.
Orange flower water	2 ounces.

Melt the first five ingredients together. Take off the fire and beat until nearly cold, adding, little by little, the benzoin, and lastly, the orange flower water.

SULPHUR AND MOLASSES

This is an excellent spring remedy for the skin.

Get five cents' worth of sulphur precipitate. Put two teaspoonfuls in the bottom of a glass. See that there are no lumps in it. Pour six teaspoonfuls of syrup or molasses on the sulphur. Stir. Take one teaspoonful of the mixture before breakfast, and one just before going to bed, for three days. Omit for three days. Repeat and omit for three days, until you have taken the preparation for nine days.

MARSH-MALLOW LOTION

Is said to be excellent for distended veins, and is made as follows:

Eau de guimauve (mallows)	200 grammes.
Benzoate of soda	5 grammes.
Glycerine	20 grammes.
Alcohol	10 grammes.

TO REMOVE MOTH PATCH OR LIVER MARK OF PREGNANCY

Cocoa butter	10 grammes.
Castor oil	10 grammes.
Oxide of zinc	20 centigrammes.
White precipitate	10 centigrammes.
Essence of rose	10 drops.

Apply to the moth patch night and morning.

TO WHITEN THE HANDS—(Cazenave)

Sweet and bitter almonds, blanched and pounded into a paste, 250 grammes each; lemon juice, 60 grammes; sweet milk, 30 grammes; sweet almond oil, 90 grammes; brandy, 180 grammes.

BALDNESS

Where the hair falls out in spots the following is an excellent remedy:—

Distilled rose water	180 grammes.
Aromatic vinegar	20 grammes.
Pure glycerine	10 grammes.
Tincture nux vomica	15 grammes.
Tincture cantharides	10 grammes.

Rub gently into the scalp where the hair has fallen out.

ASTRINGENT POMADE FOR FLABBY, MOIST SKINS—(Monin)

White vaseline	30 grammes.
Extract of ralantua	4 grammes.
Tincture of Provence roses	2 grammes.
Tincture of vanilla	2 grammes.
Tincture of capsicum	50 centigrammes.

Apply at night.

SOAP JULEP FOR SHAMPOO

Alcohol	8 ounces.
Rose water	1 quart.
Extract of rondeletia	2 ounces.
White soap	14 grammes.
Saffron water	14 ounces.

Cut the soap into small shavings. Put it upon the stove with the saffron and one pint of rose water, and let it boil gently until the soap is all melted. Then add the rest of the rose water, the alcohol and the rondeletia. Bottle and use as any shampoo.

A DELIGHTFUL FRUIT VINEGAR FOR THE TOILET

Raspberries (red), 500 grammes; red rose leaves, a handful; pure strained honey, 10 grammes. Pour a quart of white vinegar over all. Let stand in a glass vessel for a month; filter, and use diluted with water, or pure as agreeable.

ORIENTAL METHOD OF DARKENING THE EYELIDS—OR KOHOL

Pulverized Chinese ink, 10 grammes; rose water heated, 120 grammes. Stir until the mixture becomes a thick paste. Apply with a tiny camel's-hair brush or pad to the eyelashes and lids to give the languorous appearance regarded as so beautiful by Orientals.

SIMPLE TINCTURE OF BENZOIN

A few drops of tincture of benzoin added to the bath gives a delicious odor, and in larger quantities, diluted with water, benzoin serves to give the flesh firmness, and also possesses the quality of rendering the skin fair. The simple tincture can be easily made at home as follows:—

Macerate four ounces of powdered gum benzoin; put it into an open-mouthed bottle; add one quart of pure alcohol. Let it stand a week. Agitate the bottle frequently. Pass it through filtering paper and it will be ready for use.

AROMATIC VINEGAR

Glacial acetic acid	8	ounces.
Pure alcohol	1	ounce.
Crushed gum camphor	1½	ounces.
Oil of cloves (finest quality)	3	drachm.
Oil of rosemary	½	drachm.
Oil of bergamot	¼	drachm.
Oil of cinnamon	¼	drachm.
Oil of lavender	¼	drachm.
Oil of pimento	¼	drachm.
Neroli or essence de petit grain	¼	drachm.

Mix in a stoppered bottle until the whole of the camphor is dissolved. This makes a delicate aromatic vinegar and serves many purposes. It is particularly refreshing as an adjunct to the bath in warm weather.

IMITATION LILY OF THE VALLEY

This very delicate odor is made by mixing the following:—

Extract of tuberoose	4	ounces.
Extract of jasmine	½	ounce.
Extract of orange flower	1	ounce.
Extract of vanilla	1½	ounces.
Extract of cassia	2	ounces.
Extract of rose	2	ounces.
Oil of bitter almonds	1	drop.

Keep this mixture for a month, when it will be ready to use. If carefully compounded it will be as fine as any imported lily of the valley extract.

JELLY OF ROSES

This is a very nice preparation for those persons who care for the isinglass as an ingredient in cosmetic formulas:—

Finest Russian isinglass	½	ounce.
Glycerine	2	ounces.
Rose water	6	ounces.
Oil of roses	10	drops.

Dissolve the isinglass in the rose water; add the glycerine and oil of roses; beat and let stand until jellied.

HOME-MADE BAY RUM

Saturate a quarter-pound block of carbonate of magnesia with oil of bay; pulverize the magnesia, place in a filter and pour water through it until the desired quantity is obtained, then add alcohol. The quantity of liquid employed depends upon the desired strength and quality of the bay rum.

HONEY OF VIOLETS

The latest fad of the fashionable woman who uses violet perfume and affects fresh violets for her corsage each day is a wash with which she rinses her mouth, and which is called "Honey of Violets."

Expressed juice of violets . . .	1 fluid ounce.
Clarified honey	2 ounces.

Mix, without heat, by agitation in a glass bottle. Use as a mouth wash and to perfume the breath.

SPIRITS OF CAMPHOR

Take one ounce of gum camphor; break it into small pieces; put it into a wide-necked bottle and pour nine fluid ounces of pure alcohol over it. Shake it till the camphor dissolves.

FLORIDA WATER

Oil of lavender	2 drachms.
Oil of bergamot	2 drachms.
Oil of lemon	2 drachms.
Tincture of turmeric	1 drachm.
Oil of neroli	1 drachm.
Oil of balm	30 drops.
Oil of roses	10 drops.

Mix these together with two pints deodorized alcohol.

COMMON COLOGNE WATER

Oil of lavender	1½ fluid ounces.
Oil of rosemary	½ fluid ounce.
Oil of lemon	1 fluid ounce.
Oil of cinnamon	20 drops.
Alcohol	1 gallon.

Mix well and bottle for use.

STRAWBERRY VINEGAR

This is excellent, diluted in water, for making the skin firm and fresh :—

Fresh strawberries, pulled	3 pints.
White wine vinegar	1 quart.

Let steep seven days and strain.

ORANGE FLOWER WATER

Orange flowers	7 pounds.
Fresh peel of bitter oranges . . .	8 ounces.
Water	2 gallons.

Macerate twenty-four hours and then distill one gallon.

ESPRIT DE ROSE

Finest simple esprit de rose . . .	1 pint.
Essence of ambergris	$\frac{1}{2}$ fluid drachm.
Essence of rose geranium	$\frac{1}{2}$ fluid drachm.

Mix. This makes a delicately fragrant perfume.

CHAPPED LIPS

Windy weather is very apt to produce chapped lips, particularly in subjects who are troubled with poor circulation. A little glycerine, diluted with about twice its weight of rose water, applied to the lips before going out will generally prevent their chapping and keep them in a healthful, comfortable state.

DELICATE FACE-POWDER

Powdered oleate of zinc	$\frac{1}{2}$ ounce.
Powdered arrowroot	1 ounce.
Oil of roses	3 drops.

Sift through fine bolting silk.

OLD-FASHIONED FORMULAS

Our grandmothers had great confidence in the merits of a very delightful and effective preparation in the shape of a skin lotion for every-day use known as milk of rose and elder. It is fragrant and pleasant to use, and has a very soothing and grateful effect upon highly sensitive skins:—

SKIN LOTION

Spermaceti	12	grains.
White soap in powder	$\frac{3}{4}$	drachms.
White wax (pulverized)	$\frac{3}{4}$	drachms.
Almond oil (sweet)	$\frac{3}{4}$	drachms.
Jordan almonds	3	ounces.
Pure alcohol	2	ounces.
Distilled water	8	ounces.
Attar of roses	3	drops.
Oil of neroli	5	drops.
Essence of jasmine	$\frac{1}{2}$	drachm.
Essence of white rose	$\frac{1}{2}$	drachm.

Blanch the almonds and beat them into a smooth paste, adding some water gradually to form a thin cream. Melt the wax, spermaceti and almond oil together, and to this add the soap, previously rubbed down, with one-half ounce of water. To this add, in small quantities, the remainder of the water, assiduously stirring. Then add the strained almond cream and finally the alcohol and the perfume.

A little of this milk may be rubbed into the skin several times during the day. The effect is permanently beneficial.

GRANDMA'S REFRESHING TOILET LOTION

The cream your great grandmother used so successfully may be excellent. At any rate, you say grandma was famous for her wonderful skin, and this is all she ever used.

Here is her famous formula. It was called "Grandma's Refreshing Toilet Lotion" and made as follows:—

Bean flowers	1	pound.
Rose leaves	7	ounces.
Spring water	1	quart.

Distill the above in a water bath until about a pint of liquid is produced, then add the distilled product of the juice of two lemons

and perfume to taste with bergamot. Pour the mixture into a bottle, cork tightly and put aside for future use. To use it dip a fine linen cloth into the mixture and place it on the face every evening.

A SIMPLE COMPLEXION RECIPE

I remember my own grandmother's wonderful complexion recipe and how my mother guarded it as a family treasure. It is simple enough and there is nothing at all mysterious about it, though we were brought up to think so.

Here it is, and very good, too :—

Orange flower water	8 ounces.
Tincture of benzoin	2 drachms.

Add the benzoin drop by drop to the orange flower water, stirring constantly.

MILK OF ROSES

The most famous belle of Kentucky for a period of over a quarter of a century gave me a formula which she declared had preserved her fine skin through her long reign of belledom. She called it "Milk of Roses." It is made thus :—

Place in a water bath one ounce of melted, fine, white, vegetable oil soap; add six ounces of pure, fresh rose water. Then add an ounce each of spermaceti and white wax, and continue the heat until all are melted. Next take one pound of blanched almonds, beat them to a meal in a clean marble mortar, with three and one-half pints more rose water, admitted portion-wise during the operation. Strain this emulsion without pressure through washed white muslin and run very slowly into the previously formed soap mixture. Mix with energy. Toward the end of this part of the process two drachms of attar of roses, dissolved in eight ounces of pure alcohol, are to be let into the mixture very gradually during constant manipulation. The last operation is to strain, and after the liquid has had a day's repose to bottle it. Use night and morning.

NINON DE L'ENCLOS BEAUTIFIER

A lotion accredited to the beautiful Ninon de L'Enclos, but which in reality has been used from time immemorial, is made from half an ounce of tincture of benzoin, with sixteen ounces of rose water and

ten drops of attar of roses. Mixed with an equal portion of sweet almond oil, and rubbed into the arms and neck daily, this ought to be a fine tissue builder.

COMPLEXION HINTS AND RECIPES

CREME DE PISTACHE

This is a very delicate cream for the skin, and is useful for tan and sunburn instead of the ordinary cold cream. It agrees with some skins better than any other emollient:—

Pistachio nuts, one and one-half ounces; green oil, palm soap, white wax and spermaceti, each one-half ounce; orange flower water, twenty ounces; essence of neroli, six ounces. Place the soap and five ounces of the flower water into the inner receptacle of the water bath. Put over the fire until the soap is melted. Then add the green oil, wax and spermaceti and continue the heat until they also are melted. Put the pistachio nuts into a clean marble mortar, pound until they form a paste. Mix the remainder of the orange flower water with this paste and strain without pressure and run very slowly into the previously formed mixture. Beat continuously, adding the essence of neroli toward the latter part of the performance.

POWDER FOR RELIEVING IRRITATION OF THE SKIN

Powdered camphor	2 grammes.
Powdered starch	60 grammes.
Oxide of zinc	15 grammes.

Mix thoroughly. Before applying, moisten the face slightly with a little cold cream.

EMULSION OF SPERMACETI FOR EXORIATIONS, CHAPS, ETC.

Simple syrup	$1\frac{1}{2}$ fluid ounces.
Powdered gum arabic	$\frac{1}{2}$ ounce.

Mix them in a warm mortar, add of

Spermaceti (pure) $\frac{1}{2}$ ounce.
Triturate with hot pestle until united; add gradually,
Warm water 12 fluid ounces,

so as to make an emulsion, continuing the agitation until the liquid is quite cold.

BLACKHEADS OF THE SKIN

I

Boracic acid	1 drachm.
Alcohol	1 ounce.
Rose water	2 ounces.

Use with friction twice a day on the skin affected.

II

Ether	1 ounce.
Soap liniment	1 ounce.

Upon retiring for the night, rub into the spots affected, and in the morning wash the surface with hot water.

The following preparation will be found excellent for the complexion :—

Sweet almonds	32 grammes.
Bitter almonds	10 grammes.
Rose water	180 grammes.

Make the emulsion, and add,

Benzoate of soda	1 gramme.
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The following is another recipe of great efficacy in obliterating wrinkles, and also the traces of smallpox :—

Alcohol	12 grammes.
Tincture of benzoin	2 grammes.
Liquid storax	2 grammes.
Balsam of Judea	5 drops.

Add four or five drops of the mixture to half a glass of water, and use this at night as a lotion, letting it dry on the face. In the morning wash the face in water from which the chill has been taken off.

For coarse complexions a very effectual remedy is a cotton mask saturated with distilled water and worn at night. To refine a coarse, stippled skin, six or seven weeks will be necessary, but the result will be ample compensation for the trouble taken.

An excellent paste for refining the complexion is composed of three ounces of ground barley, one ounce of honey and the white of an egg. This is to be spread at night on the cheeks, nose and forehead, and washed off in the morning with tepid water.

For a blotched skin a wash composed of one ounce of glycerine, half an ounce of rosemary water and twenty drops of carbolic acid, will be found very effectual.

SKIN FOOD WITHOUT LANOLIN

Sweet almond oil	4	ounces.
Spermaceti	1	ounce.
White wax	1	ounce.
Pulverized borax	1½	drachms.
Glycerine	1½	ounces.
Orange flower water	½	ounce.
Oil of neroli	1	drop.
Tincture of benzoin.	½	drachm.

Melt the wax, spermaceti and oil of almonds together. Dissolve the borax in the orange flower water and glycerine. Add to the melted ingredients, stirring continually. The mixture must be beaten until it is cold. Just before the mass hardens add the benzoin drop by drop and the perfume.

FOR RELAXED SKIN

Where the skin is much relaxed a slightly astringent water may be used with good effect:—

Get eight ounces of orange flower water and one-fourth drachm of simple tincture of benzoin. Drop the benzoin a little at a time into the orange flower water. Shake the bottle. The result will be a milky liquid. Dip a linen cloth into a little of this liquid and bathe the face. If it feel drawn add a little more orange flower water. Tincture of benzoin varies somewhat in strength. It should not feel uncomfortable upon the face. When it does, and pulls the skin, it is too powerful.

FOR SHINY SKIN

If as well as being shiny the skin appear greasy also, you cannot do better than bathe it twice a day with this lotion:—

Sulphate of zinc	30	grains.
Eau de Cologne	1	ounce.
Rose water	2	ounces.

LOTION FOR AN OILY SKIN (No. 1)

There is nothing more discouraging than the oily face, which seems to be constitutional almost, with some women. I have had good

success lately with the simple remedy which I here give, and which in many cases will remove the shiny appearance of the most obdurate oily faces :—

Boric acid	1 drachm.
Distilled witch hazel	4 ounces.

Apply with a piece of old linen or a bit of absorbent cotton.

LOTION FOR AN OILY SKIN (No. 2)

An old remedy for an oily skin is being revived. It is made as follows :—

Pulverized borax	1 ounce.
Pure glycerine	2 ounces.
Camphor water (not spirits of camphor)	2 quarts.

The skin should be bathed with this lotion two or three times a day, and the treatment should be persisted in for three months at least.

LOTION FOR AN OILY SKIN (No. 3)

Where the oiliness of the skin is excessive the following lotion applied two or three times daily is excellent :—

Sulphate of zinc	2 grains.
Compound tincture of lavender .	8 drops.
Distilled water	1 ounce.

FOR DRY AND SCALY SKIN

When the skin is inclined to become dry and scaly from exposure, the following lotion may be used with excellent effect :—

Iodide of potassium . . .	1 to 2 drachms.
Distilled water	1 pint.

Dissolve and add one ounce of pure glycerine.

TO SOFTEN THE SKIN OF THE FACE

Lanolin	1 ounce.
Almond oil	1 ounce.
Simple tincture of benzoin . .	$\frac{1}{2}$ ounce.

Mix the three ingredients thoroughly together and rub into the skin at night before going to bed.

BLOTHY SKINS

The following wash will sometimes be found very effective for this most annoying trouble:—

Glycerine	1 ounce.
Rosemary water	$\frac{1}{2}$ ounce.
Carbolic acid	20 drops.

Mix thoroughly and apply to the face with a soft bit of linen or a velvet sponge.

CUCUMBERS FOR THE COMPLEXION

The average girl, country or city, knows little of the value of cucumbers as a complexion beautifier.

Peel a cucumber, cut in thick slices, and apply to the face, allowing the liquid to dry of its own accord. This will make the skin soft and white.

NEW CURE FOR WRINKLES

Even very young women are seen with strongly-marked wrinkles in the forehead which they have acquired through contracting the brows. A friend tells me that these wrinkles will disappear under the following treatment:—

Bind the forehead at night with a compress of new linen soaked in a mixture of equal parts of alcohol and white of egg. Allow the compress to remain on all night and continue the treatment until the wrinkles have disappeared.

Wrinkles may sometimes be effaced by the following treatment, if persistently continued:—

Cut some narrow strips of court-plaster, then, with the thumb and forefinger of one hand, stretch the skin furrowed by the wrinkle until it is perfectly smooth, and with the other hand apply over the wrinkle a strip of the court-plaster. This application is of course best made at night.

The following mixture, used as a lotion, is of great efficacy in removing wrinkles, but it is a little difficult to prepare, and requires, in addition, to be distilled:—

In 350 grammes of alcohol dissolve,

Pulverized gum benzoin . . .	2 grammes.
Frankincense	2 grammes.
Gum arabic	2 grammes.



(515)

ELECTRICITY TO REMOVE WRINKLES



THE PROPER WAY TO USE THE CAMEL'S-HAIR FACE-SCRUBBING BRUSH

When dissolved add,

Pine-nut kernels, pulverized	3 grammes.
Sweet almonds, pulverized	3 grammes.
Cloves, pulverized	1 gramme.
Nutmeg, pulverized	1 gramme.

Let the mixture stand for two days, stirring it twice daily. Then add,

Rose water	45 grammes.
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Distill to half the quantity.

If a still is not at hand, a substitute may be made by fastening to the spout of the kettle an India-rubber tube, which, passing through a vessel of cold water, will conduct the steam, condensed in its passage through the water, into a receiving vessel.

LOTION FOR PREMATURE WRINKLES

Rose water	12 fluid ounces.
Almond milk	3 fluid ounces.
Sulphate of aluminium . .	120 grains.

FOR BROWN SPOTS

Brown spots are caused by some disturbance of the liver. I don't think any external application will have very much effect so long as the cause remains. You might try this lotion, which will at least be temporarily effective :—

Bichloride of mercury (coarse powder) . .	12 grains.
Extract of witch hazel	2 ounces.
Rose water	2 ounces.

Mix. Mop over the spots night and morning. Bichloride of mercury is a dangerous poison, and while perfectly proper to use as here suggested, should be kept out of the reach of ignorant persons and children.

INSTEAD OF COLD CREAM

Cold cream disagrees with many skins. If it make the skin rough try a little sweet almond oil, slightly perfumed with attar of roses or bergamot every night after washing. It should be well massaged in, and the face then gently wiped with a soft rag or towel till all superfluous oil is removed.

TO CURE RINGWORM

To cure ringworm, add to one part of sulphuric acid sixteen to twenty parts water. Use a brush or feather, and apply it to the ringworm night and morning. A few dressings will generally cure. If the solution be too strong dilute it with more water, and if the irritation be excessive apply a little vaseline, but avoid soap.

A dainty rose soap is made as follows:—

ROSEBUD SOAP

White castile soap (pure) . . .	3	pounds.
White curd soap	2	pounds.
Distilled water	$\frac{1}{4}$	pint.

Melt together in a custard boiler, and add of

Vermilion (powdered)	$\frac{1}{4}$	ounce.
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After the mixture has cooled a little, stir in

Attar of roses	1	drachm.
Oil of bergamot	$1\frac{1}{2}$	drachms.
Oil of cinnamon	$\frac{3}{4}$	drachm.
Oil of rose geranium	$\frac{1}{2}$	drachm.

Pour into molds to harden.

ENLARGED PORES

It takes a long time to cure enlarged pores, and the only way I know of is by the use of the scrubbing brush and a pure hygienic soap. By this process the pores, which have become enlarged by the clogged secretions, are kept free, and gradually they will contract and become normal in size. I know of thousands of cures effected in this manner.

FOR OBSTINATE FRECKLES

Where everything else has failed, the woman with obstinate freckles may with benefit try the formula I here give and which has succeeded in a very obdurate case under my care:—

Oxide of zinc	$\frac{1}{2}$	drachm.
Subiodide of bismuth	$\frac{1}{4}$	drachm.
Dextrin	$1\frac{3}{4}$	drachms.
Glycerine	$1\frac{1}{2}$	drachms.

Spread the paste upon the freckles at night before going to bed. In the morning remove what remains with a little powdered borax and sweet oil.

HEROIC REMEDY FOR FRECKLES

Distilled water	12 ounces.
Dextrin	1 ounce.
Glycerine	4 ounces.
Oxide of zinc	320 grains.
Oxychloride of bismuth	120 grains.
Mercuric chloride	12 grains.

This being a powerful application, it should be used very sparingly and applied to the parts affected with a soft camel's-hair brush.

A SIMPLE FRECKLE LOTION

Light freckles may in a measure be controlled in some cases by bathing the face frequently with a lotion composed of three grains of borax in five drachms each of rose water and orange flower water.

LEMON JUICE FOR FRECKLES

Thirty grains of pulverized borax, dissolved in two and one-half ounces of lemon juice, makes a lotion that is very effective in keeping freckles in abeyance, where it agrees with the skin.

It should be applied at night after the face has been thoroughly washed and rinsed.

HINTS ON THE HAIR**TONIC FOR THE FALLING HAIR AFTER ILLNESS****FOR FALLING HAIR (No. 1)**

Vinegar of cantharides	1 ounce.
Cologne water	1 ounce.
Glycerine of borax	1 ounce.

Add distilled water until the whole amounts to six ounces. Rub this mixture into the roots of the hair every night.

FOR FALLING HAIR (No. 2)

Aromatic vinegar	3 drachms.
Acetic acid	1 ounce.
Tincture of cantharides	1 ounce.
Lavender water	2 ounces.
Rose water	6 ounces.

This should be well rubbed in the roots three times a week at bed-time, before brushing it.

CURE FOR BALD SPOTS

Where the hair falls out in spots try the following wash :—

Distilled rose water	180 grammes.
Aromatic vinegar	20 grammes.
Pure glycerine	10 grammes.
Tincture of nux vomica	15 grammes.
Tincture of cantharides	10 grammes.

Mix thoroughly ; apply night and morning with friction.

FOR EARLY BALDNESS

The following lotion has produced a growth of hair upon bald spots. It is not recommended when baldness is of long standing or where the scalp has assumed the gloss or shine peculiar to the skin after the actual death of the hair roots, but in young cases it has been very successful :—

Sulphate of quinine	8 grains.
Tincture of cantharides	1½ drachms.
Tincture of rhatany	2½ drachms.
Spirits of lavender	1 ounce.
Glycerine	½ ounce.
Alcohol	8 ounces.

Apply night and morning until the new growth is established.

FOR DRYNESS OF THE HAIR

Cocoanut oil	1½ ounces.
Lanolin	1 ounce.
Glycerine	4 drachms.
Tincture of jaborandi	4 drachms.

Rub the mixture well into the hair every night. It should remedy the dryness.

TONIC FOR THE SCALP

Aromatic vinegar	4 drachms.
Glycerine	2 drachms.
Tincture of nux vomica	2½ drachms.
Tincture of cantharides	2 drachms.
Rose water	6 drachms.

Use every night, rubbing it well into the scalp with a small sponge.

A HAIR TONIC

Cologne	8	ounces.
Tincture of cantharides . . .	1	ounce.
Oil of English lavender . . .	$\frac{1}{2}$	drachm.
Oil of rosemary	$\frac{1}{2}$	drachm.

Apply to the roots of the hair once or twice a day. It is positively necessary that the scalp should be kept clean. Shampoo at least once a week.

LOTION FOR DRY HAIR

Phenic acid	2	grammes.
Tincture of nux vomica . .	$7\frac{1}{2}$	grammes.
Tincture of red cinchona .	30	grammes.
Tincture of cantharides . .	2	grammes.
Cologne	180	grammes.
Sweet almond oil	60	grammes.

Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

A FAMOUS HAIR TONIC

Twenty-five years ago a hair tonic called "Tricopherous" was used in every city and town in the United States. Its originator made a fortune. The formula was long a secret. Tricopherous was made as follows:—

Castor oil	$\frac{1}{2}$	pint.
Pure alcohol	$\frac{1}{2}$	pint.
Tincture of cantharides . .	$\frac{1}{2}$	ounce.
Oil of bergamot	2	drachms.

Color a pale pink with alkanet root.

TONIC FOR OILY HAIR

Witch hazel	2	ounces.
Alcohol	2	ounces.
Distilled water	1	ounce.
Resorcin	40	grains.

Apply every night, rubbing it thoroughly into the scalp.

TEA HAIR TONIC

Black tea as a basis for a hair tonic is successful in many cases. It can be made so easily and costs so little that it is worth trying. Formula :—

Bay rum	2 ounces.
Glycerine	2 ounces.
Alcohol	2 ounces.
Infusion of black tea	10 ounces.

Mix and perfume to suit.

The tea infusion should be made very strong, say an ounce of tea to ten or twelve ounces of boiling water. Let it steep for twenty minutes, then stand till cool; strain and add the other ingredients; apply with a soft sponge to the roots of the hair. It will darken blond hair.

KEROSENE HAIR WASH

Kerosene oil is unquestionably a tonic and a hair grower. The disadvantages are in its odor and the fact that it is so inflammable. The way to use it is to rub the roots of the hair well at night with pure kerosene, which should be left on until the following morning. Then the hair should be shampooed, and the kerosene application should be repeated about every fourth night. I do not advise kerosene, because its use has been attended by so many accidents.

AN EXCELLENT SHAMPOO

Melt a cake of pure olive oil soap in a quart of boiling water. When the soap is dissolved the result will be almost a jelly. Take of this jelly, say, two large tablespoonfuls, and a small lump of common washing soda about the size of a filbert.

PASTES FOR CHAPPED HANDS

I

Ground barley, the white of an egg, one teaspoonful of glycerine and one ounce of honey.

II

Home-made soft soap	$\frac{1}{2}$ pound.
Olive oil	1 gill.
Mutton tallow	1 ounce.

After boiling these together, remove them from the fire before adding

Spirits of wine	1 gill.
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Ambergris, or some other perfume, to an amount to suit the taste, always being on your guard not to scent things too highly.

III

Refined pine tar	1 teaspoonful.
Olive oil	1 pint.

Melt in water bath, scenting with rose water or some other perfume. This is a preparation which does not spoil.

The following two preparations, for use with cosmetic gloves, are slightly more elaborate:—

I

Myrrh	1 ounce.
Honey	4 ounces.
Yellow wax	2 ounces.
Rose water	6 ounces.

Melt the wax in a water bath, and add the myrrh to it while it is hot. After beating them up together, add the honey and rose water. Beat all up and add glycerine by the teaspoonful until you secure a paste which will spread nicely.

II

Oil of sweet almonds	2 teaspoonfuls.
Glycerine	1 teaspoonful.
Rice flour	1 teaspoonful.
Fresh eggs	2 yolks.
Rose water	1 ounce.
Tincture of benzoin	36 drops.

Beat up until the mixture forms a paste.

III

Another preparation for cosmetic gloves is made as follows:—

Fresh eggs	2 yolks.
Oil of sweet almonds	2 tablespoonfuls.
Rose water	30 grammes.
Tincture of benzoin	8 grammes.

Beat the yolks with the oil; then add the rose water, and lastly the tincture of benzoin.

BURNS

Boracic acid	1 drachm.
Glycerine	1 ounce.
Olive oil	1 ounce.

BURNS AND SCALDS

I

Bicarbonate of sodium	1 ounce.
Subnitrate of bismuth.	1 ounce.

II

Creasote	30 drops.
Cocaine hydrochlorate.	20 grains.
Lime water	1 pint.
Linseed oil	1 pint.

III

Solution of subacetate of lead . .	2 ounces.
Tincture of opium	1 ounce.
Distilled witch hazel.	1 ounce.

HOUSEHOLD REMEDIES

BALDNESS

I

Ointment of 10 per cent. oleate of mercury . .	$\frac{1}{2}$ ounce.
Lanolin, or prepared suet	$\frac{1}{2}$ ounce.

Rub well into the scalp.

II

Tincture of capsicum	2 drachms.
Water of ammonia	1 ounce.
Pilocarpine hydrochlorate	5 grains.
Cologne	3 ounces.

Use on the scalp twice a day.

III

Fluid extract of pilocarpine	1 ounce.
Soap liniment.	3 ounces.

Rub thoroughly into the scalp night and morning.

BITES OF INSECTS AND ERUPTIONS

I

Beta-naphthol	1 drachm.
Cologne	$\frac{1}{2}$ pint.

Apply to the irritated skin. This is suitable for alleviating the smarting from the bites of any kind of insects.

II

Ointment of oleate of mercury	1 ounce.
Camphor	10 grains.

Rub well into the skin.

III

Ipecacuanha	1 ounce.
Alcohol	1 ounce.

Apply to the skin.

THE EYES AND EYEBROWS

When the eyes have become irritated through excessive use, a compress of fine linen wet with very cold water applied to them and changed as often as it becomes warm will generally relieve

them. If the irritation continue, the following lotion will probably prove efficacious :—

Distilled water	1 kilogramme.
Rosemary flowers	30 grammes.

Steep the rosemary flowers in the water for a week, then strain, and to the strained water add the following :—

Rose water	30 grammes.
Brandy	30 grammes.

The Moorish women darken their eyebrows and eyelashes with a dye made as follows :—

Gallnuts	25 grammes.
Sulphate of iron	5 grammes.
Water	150 grammes.

Boil the gallnuts in the water for half an hour, strain through fine muslin, and add to the strained water the five grains of the sulphate of iron. Boil again until the liquor is reduced to two-thirds. Apply with a sable pencil to the eyebrows and to the edge of the eyelid at the roots of the lashes. The operation is to be repeated three times. The bottle containing the dye should be tightly corked.

FOR SCANT EYEBROWS

Nothing so weakens the expression of a woman's face as scant, scraggy eyebrows. Women so afflicted should use the following ointment, which will strengthen the growth and improve their appearance :—

Red vaseline	2 ounces.
Tincture of cantharides	$\frac{1}{8}$ ounce.
Oil of lavender	15 drops.
Oil of rosemary	15 drops.

Mix thoroughly. Apply to the eyebrows with a tiny toothbrush once a day until the growth is sufficiently stimulated. Then less often.

This ointment may be used for the eyelashes also. In this case it should be very carefully applied. It will inflame the eyes, as any oil will, if it get into them.

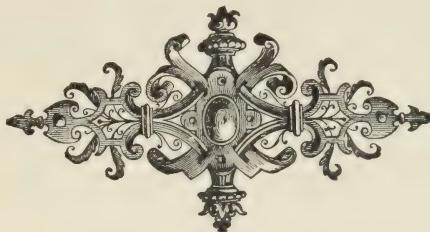
Whatever one may think of the propriety of clipping the eyelashes, there can be no two opinions as to the cutting of the eyebrows or in any way subjecting them to the action of the scissors or razor.

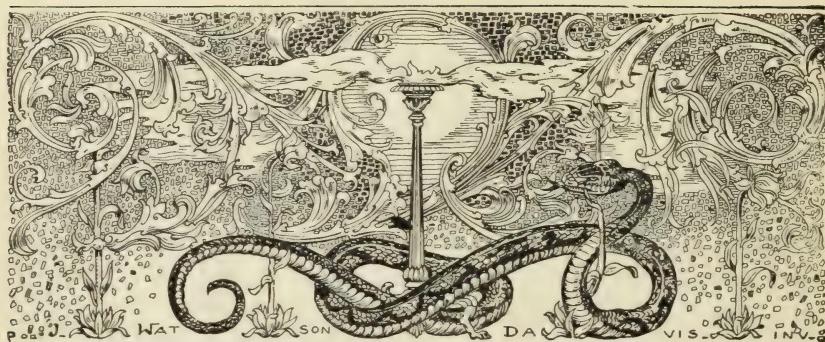
The beauty of the eyebrow consists in its being smooth, glossy and well defined; in having little breadth vertically and in extending in a graceful arched line over the eyes.

Cutting them ultimately destroys all these qualities by causing them to grow coarse, stiff and irregular. The toilet of the eyebrow is simple. A tiny brush, moistened with a very little vaseline, may be passed over the eyebrow and the brush may be used to narrow the form. This is all the care they require.

If eyebrows are too scanty the face is likely to look insipid, while those of the bushy variety are not artistic, and tend to make one look unduly fierce or masculine. The color should be a shade darker than the hair.

The brows must never be rubbed or brushed except from the roots to the ends. Women sometimes fall into the habit of rubbing them the wrong way. After they have been treated in this manner it will be almost impossible to get them to lie flat and smooth, and they soon become short and bristly.





APPENDIX D

LIST OF MEDICATED SOAPS

- ALUM SOAP, used in greasy seborrhœas, pustular eczema, etc.
- AMBER SOAP, used for enlarged glands, moles, warts, etc.
- ARNICA SOAP, used for abrasions, wounds, bruises, boils, carbuncles, sore nipples, etc.
- BALSAM SOAP, used in indolent ulcers, etc.
- BORO-GLYCERIDE SOAP, used for cleansing wounds and ulcers, and in allaying inflammation, etc.
- CAMPHOR SOAP, frequently used for pruritus, accompanying eczema, chilblains, etc.
- CARBOLIC ACID SOAP, used in chronic eczema, etc.
- CHAMOMILE SOAP, used for chafed surfaces, for seborrhœa, for excessive secretion of the skin, and foul-smelling sores.
- CHAMOMILE AND SULPHUR SOAP, used in dry seborrhœa, loss of hair, etc.
- ELDER FLOWER SOAP, used in sunburn, etc.
- ERGOT SOAP, used in eczema, etc.
- EUCALYPTOL SOAP, used for foul-smelling sores and ulcers, and also for fetid perspiration.
- GLYCERINE SOAP, used for roughness of the skin, chapping, etc.
- IODIDE OF SULPHUR SOAP, used for chronic ulcers, yellowish-brown or blackish patches on the skin, freckles, etc.
- IODINE SOAP, used for scrofulous skin affections, etc.
- KINO SOAP, used for eczema, ulcers, etc.

LEAD SOAP, used for boils, carbuncles, abrasions of the skin, bed-sores, etc.

NAPTHOL SOAP, used for fetid perspiration, and in eczema, and for bites of insects.

NAPTHOL-SULPHUR SOAP, used for itching, bites of insects, eczema, seborrhea and fetid perspiration.

SALICYLIC ACID SOAP, used in thickening the skin on the palms of the hands and soles of the feet, for pustular eczema, fetid perspiration, foul wounds and sores, and for toilet purposes.

SUBLIMATE OR BICHLORIDE OF MERCURY SOAP, used in animal parasitic diseases, freckles, pigmentary spots on the skin, and effective in relieving itching of the skin.

SULPHUR SOAP, used in rosacea, etc.

TANNIN SOAP, used for ulcers, for excessive perspiration, oily seborrhea, etc.

TANNIN-BALSAM SOAP, used for wounds, ulcers, chilblains, etc.

TAR SOAP, used in chronic eczema, etc.

THYMOL SOAP, used for ulcers, wounds and pustular eczema, etc.

TURPENTINE SOAP. This soap is sometimes used under the name of "Starkey's Soap." It is used for chilblains, etc.

WINTERGREEN SOAP, used in eczema, etc.

WITCH-HAZEL SOAP, used in eczema, for fetid perspiration, and in loss of hair.





APPENDIX E

TABLE OF MEASURES

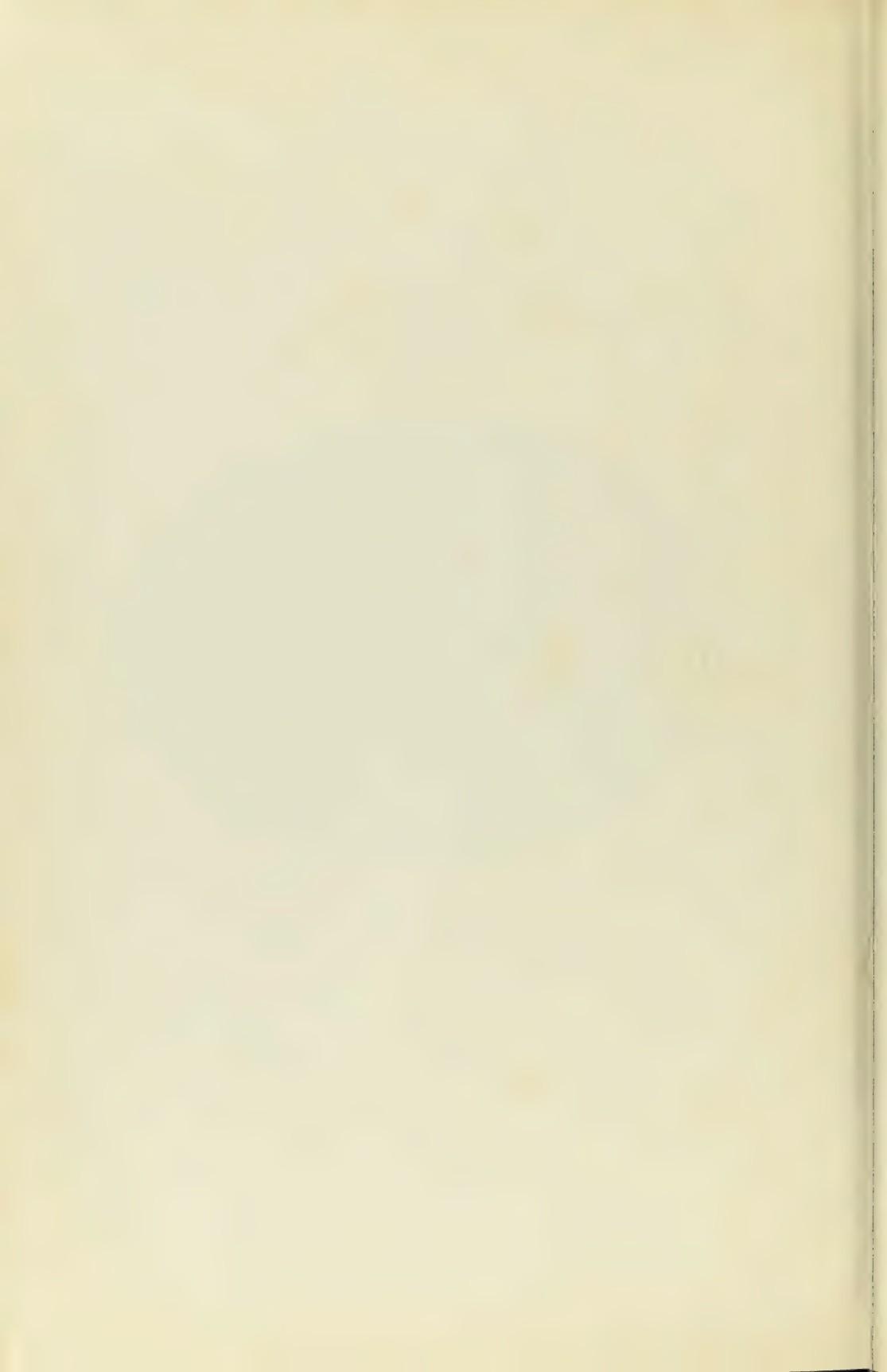
- 1 pint contains 16 fluid ounces (4 gills).
 - 1 ounce contains 8 fluid drachms ($\frac{1}{4}$ gill).
 - 1 tablespoonful contains about $\frac{1}{2}$ fluid ounce.
 - 1 teaspoonful contains about 1 fluid drachm.
 - 1 teaspoonful is equal in volume to 45 drops of pure water (distilled) at 60 degrees Fahrenheit.
 - 4 teaspoonfuls are equal to 1 tablespoonful or $\frac{1}{2}$ fluid ounce.
 - 16 tablespoonfuls are equal to $\frac{1}{2}$ pint.
 - 1 wineglassful (common size) contains 4 tablespoonfuls, or 2 fluid ounces.
 - 1 teacupful is equal to 8 fluid ounces or 2 gills.
 - 4 teacupfuls are equal to 1 quart.
 - 1 common-sized tumbler holds about $\frac{1}{2}$ pint.
 - 1 gramme equals 15 and a fraction grains.
 - 32 grammes equal 1 ounce.
 - 125 grammes equal 4 ounces.
 - 500 grammes equal 16 ounces.
- (530)

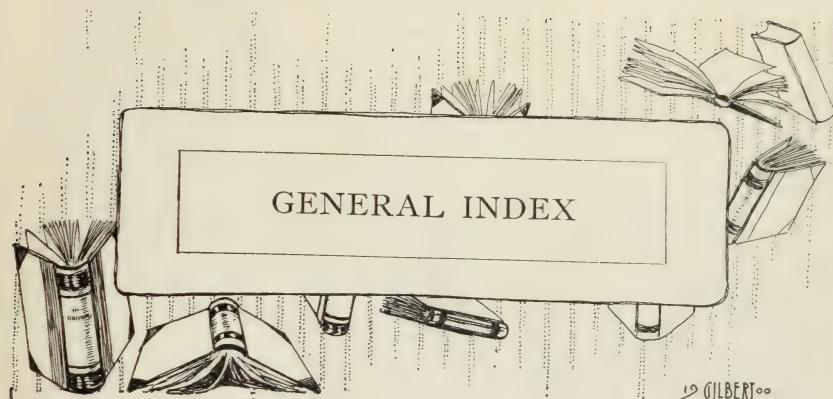


MRS. AYER AND HER DAUGHTER, MARGARET

FROM VERY RECENT PHOTOGRAPH

This is the "little daughter" shown on page 32.





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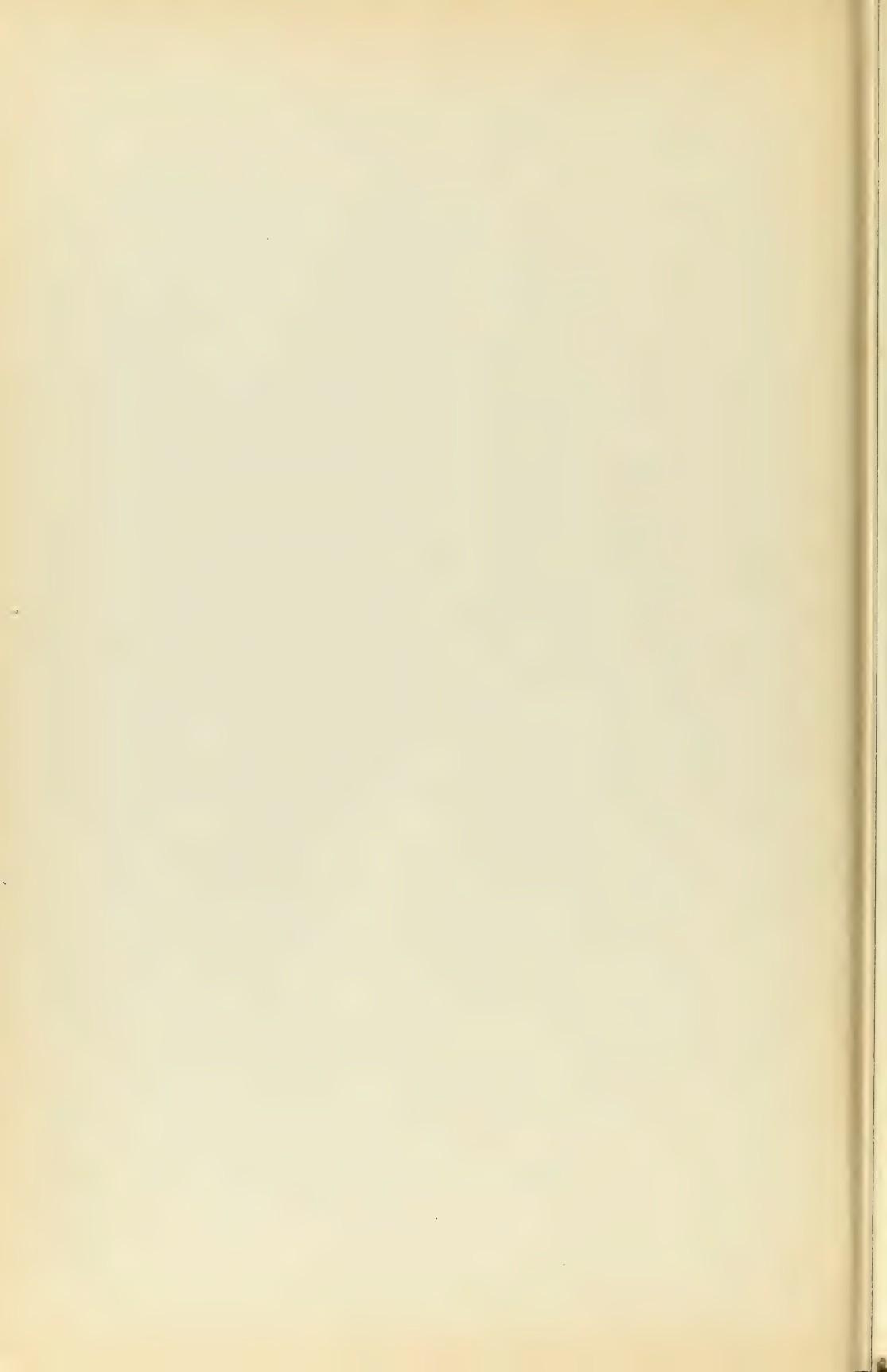
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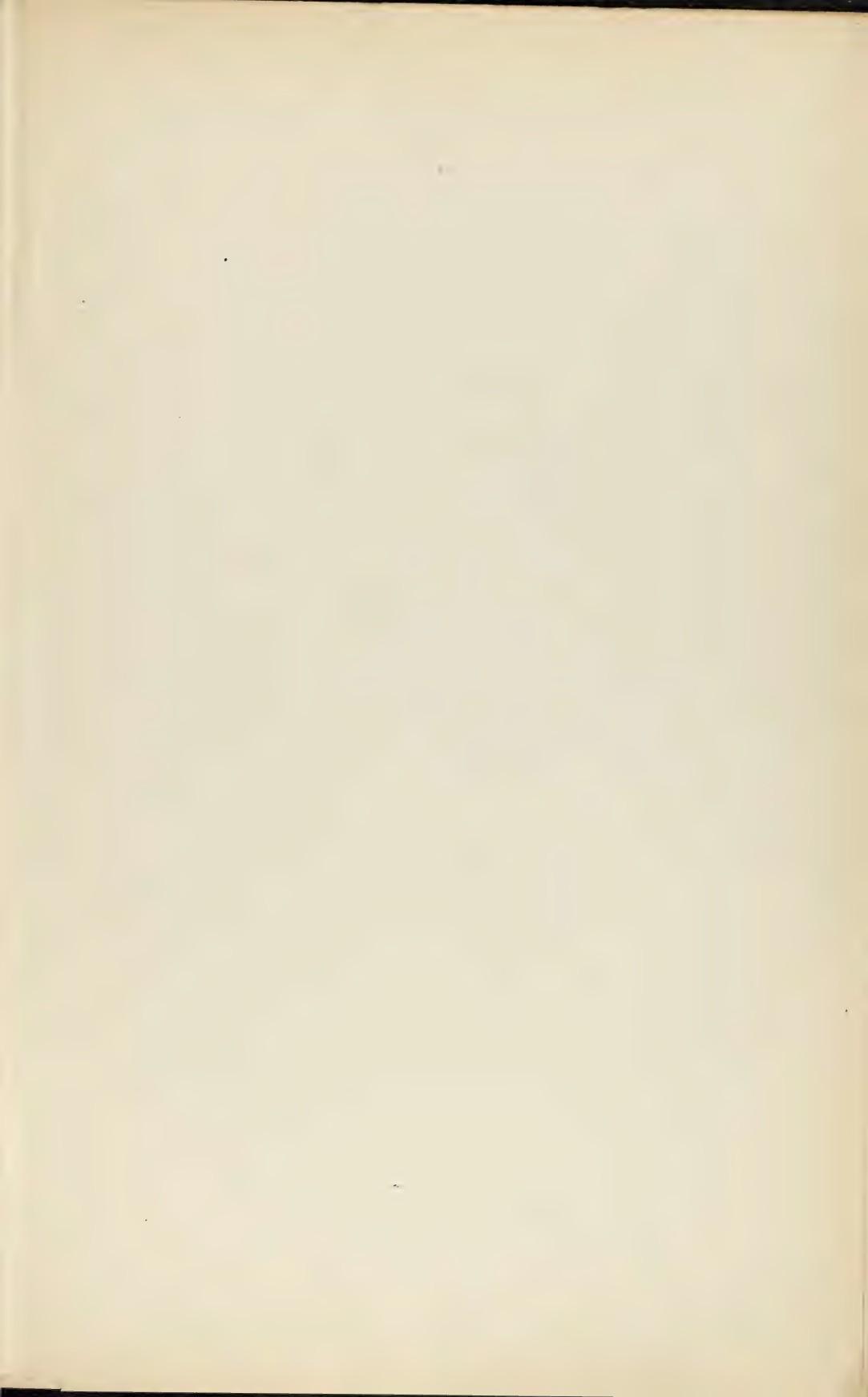
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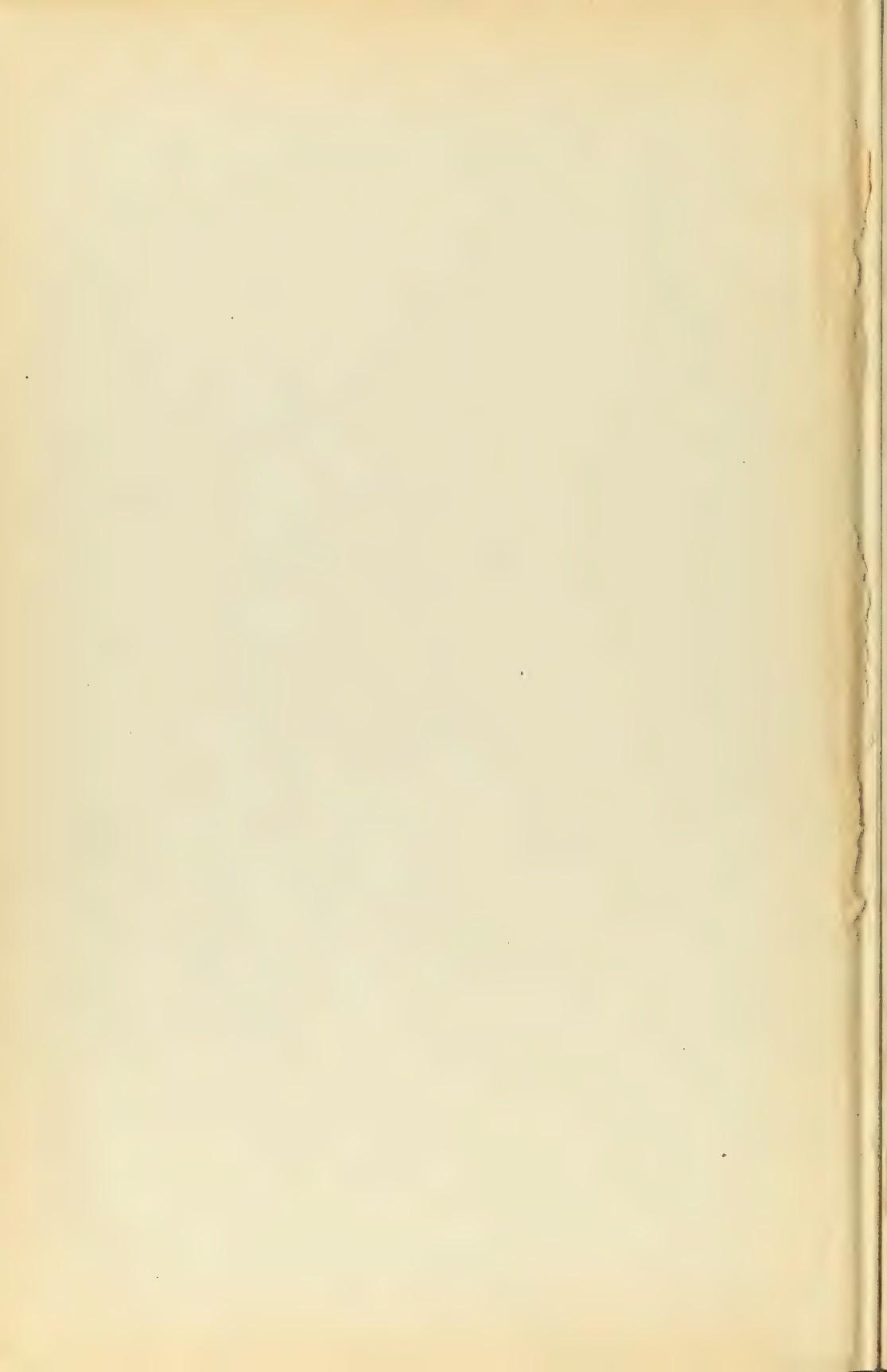
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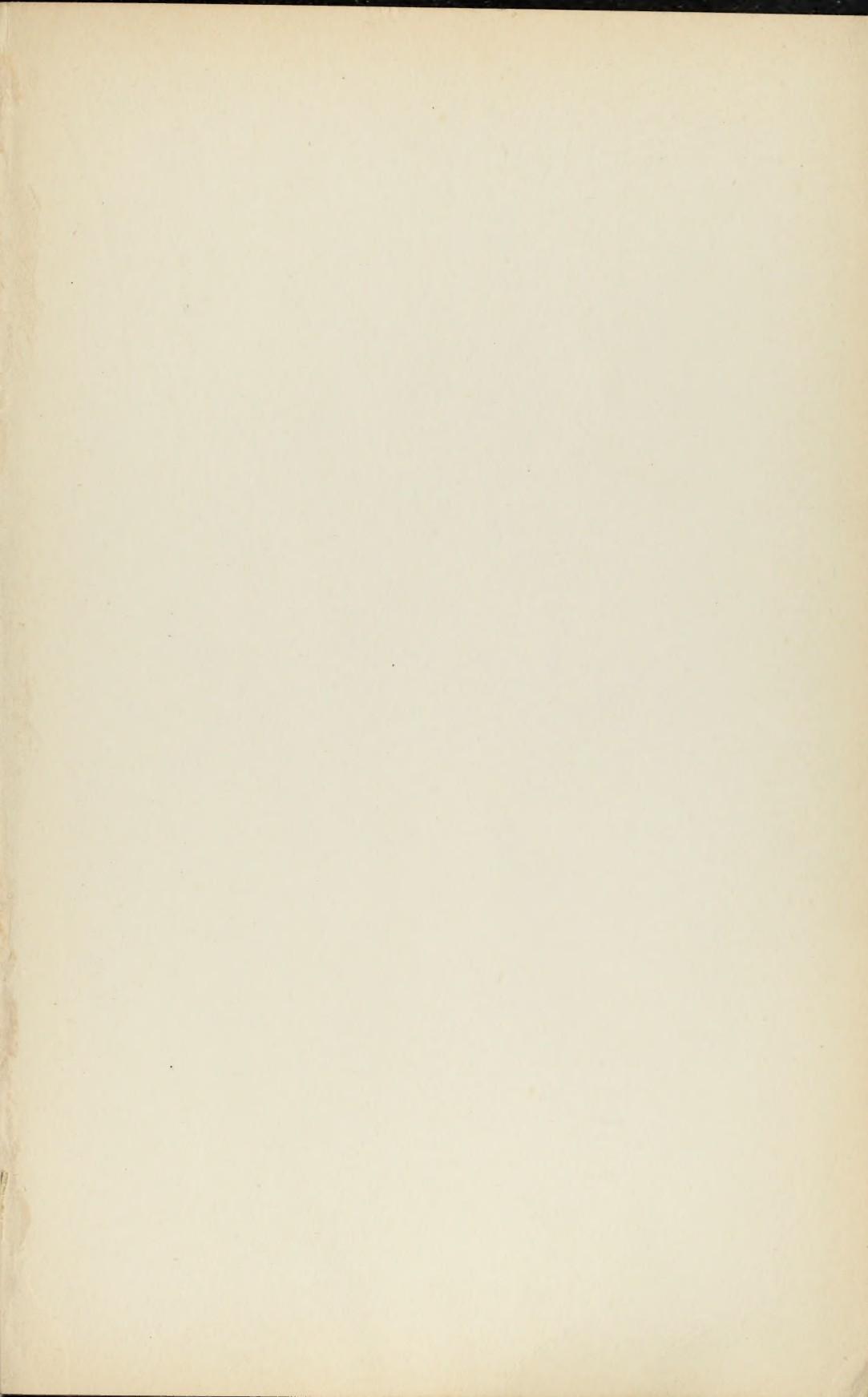
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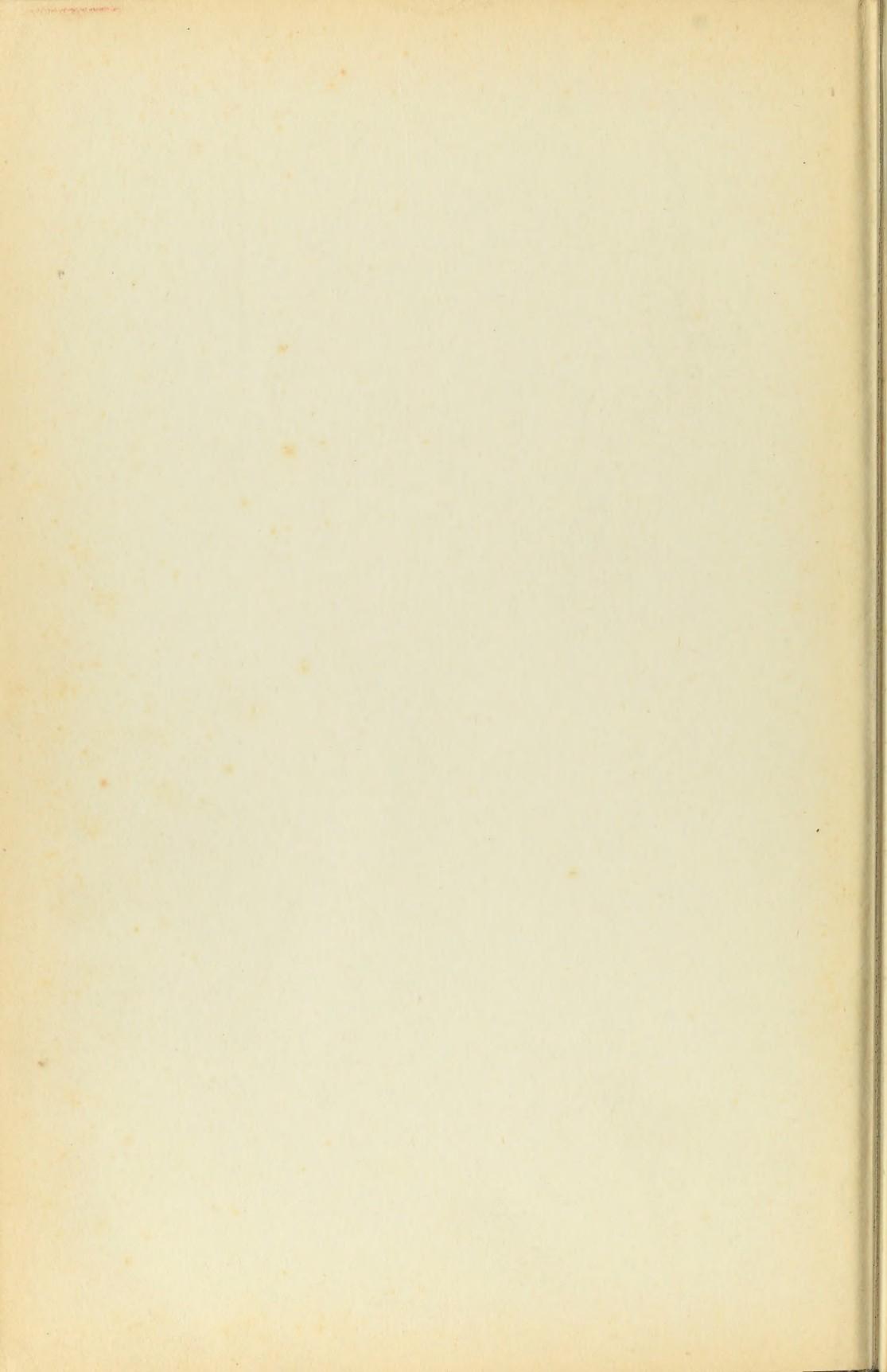
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